BBC Delicious recipes that work every time

DECEMBER 2010 £3.50 bbcgoodfood.com



Celebrate you



Easy food for a crowd



James's stunning desserts



Homemade gifts & bakes



New twist on roast potatoes



Nigella's winter pie



Cheers! Easy party cocktails



Fresh ideas for festive veg

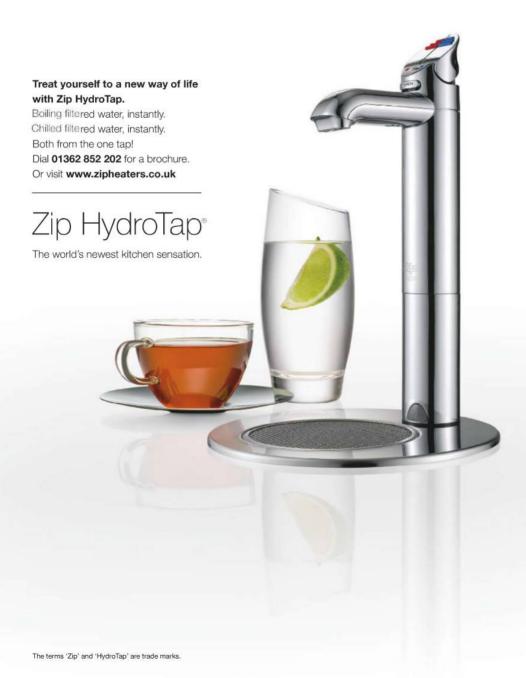


Gordon's smart roast chicken



New ways to decorate





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Fairy lights twinkling and the table laid for a memorable meal with friends and family - this is the season to create your very own Christmas magic with good home-cooking and festive cheer. Whether you're looking for new twists on your

favourites (see p44 for this year's spin on roast

potatoes!) or inspiration to try something different, this issue has everything you need for Christmas, the party season and all the other days in December. As expectations run high this month, we've included loads of practical tips and advice to make life in your kitchen as easy and enjoyable as possible.

And because you told us you wanted plenty of everyday food, we've created a 16-page pull-out section (see p66). These simple, warming dishes are guick to get on the table after a cold journey home from work or a hectic day at the shops.

I do hope this issue helps to make this Christmas

vour best ever.

Gillian Carter, Editor



Our biggest Good Food Show takes place at the end of this month at The NEC, Birmingham. For more details, tickets and timetables, see p60 or visit bbcgoodfoodshow.com

Which did you choose?

Our Art team designed two covers for this issue - we loved them both so much that we decided to offer you a choice. Did you go for gold or reach for the red one? I hope you managed to buy your favourite!

Everyday food RECIPE PULL-OUT

For all those busy days this month: 25 brilliantly quick and easy recipes. · Free to collect with next month's issue a delicious, no-stress

Christmas Day meal





How to contact us

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Call 020 8433 1294 (open Mon-Fri, 9.30am-5.30pm)

Email goodfood@bbc.com

Write to Good Food, Media Centre MC3D1,

201 Wood Lane, London W12 7TQ

We regret that we are unable to answer medical/nutritional queries. BBC Good Food Show For tickets or enquiries,

call 020 8267 8331



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TWO MULTIFUNCTION OVENS
PIZZA COOKING FUNCTION
7 BURNER GAS HOB AND ELECTRIC GRIDDLE
ENERGY RATING AA





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free 5 year guarantee

The promotion, which includes parts and labour, runs until the 31th December 2010. It applies to all versions of SMEG "Opera" range cookers. Terms and conditions apply.



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The Perfect Christmas Cheeseboard Make your cheeseboard more exciting this Christmas with cheeses from our range like the creamy Taste the Difference Roquefort, our tangy Wookey Hole Cheddar and our Wensleydale & Cranberry Truckle. The perfect selection for a perfect Christmas. Sainsbury's Try something new today Taste the Difference Mature Wookey Hole Cave Aged Cheddar 400g £5 Taste the Difference Roquefort 300g £5 Wensleydale & Cranberry Truckle 80g £1 Available from 24th November

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Simple starters



Trimmings with a twist



Light and fruity

Christmas pud

On the cover



Cover photograph LIS PARSONS Food styling SARA BUENFELD Styling JENNY IGGLEDEN



Chunky roasties

Delicious gravy

FIND THIS MONTH'S PULL-OUT on p66 A week of family meals for just £35, healthy suppers, Make it tonight and vegetarian options

THE PERFECT CHRISTMAS GIFT

Vegetarian mair

Make-ahead sauces

Subscribe by 31 December and receive Nigella's new cookbook, absolutely free. See p144 for details



The Perfect Christmas Party Food From classics with a twist like Sausage & Apple pinches to premium canapés such as Coquille St Jacques scallops, everything in our new Taste the Difference party range is both delicious and bite-sized, for the perfect party nibbles. Sainsbury's Try something new today Taste the Difference Fresh Party Food £4 per pack Full range instore by 8th December SUBJECT TO AVAILABILITY, LARGER STORES ONLY, SOME PRODUCTS AVAILABLE FROM 17TH NOVEMBER,

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Find more GoodFood For more recipes and food inspiration

Web visit our website, bbcgoodfood.com, for thousands of delicious triple-tested recipes



The Good Food channel is on Sky 249 or Virgin 260. Find recipes from the shows at goodfoodchannel.co.uk



iPhone Perfect for Christmas! Over 100 festive recipes from Good Food on our handy iPhone app.



Books Our 101 series of collectable books invludes 101 Cupcakes & small bakes and 101 Speedy suppers, £4.99 each



Plus The December issue of olive, £3.50, and winter issue of Easy Cook, £2.80, are out now. And look out for our new Christmas titles: Festive collection, £5.99, and Good Food Vegetarian, £5.99









For information about the Good Food Shows, visit bbcgoodfoodshow.com

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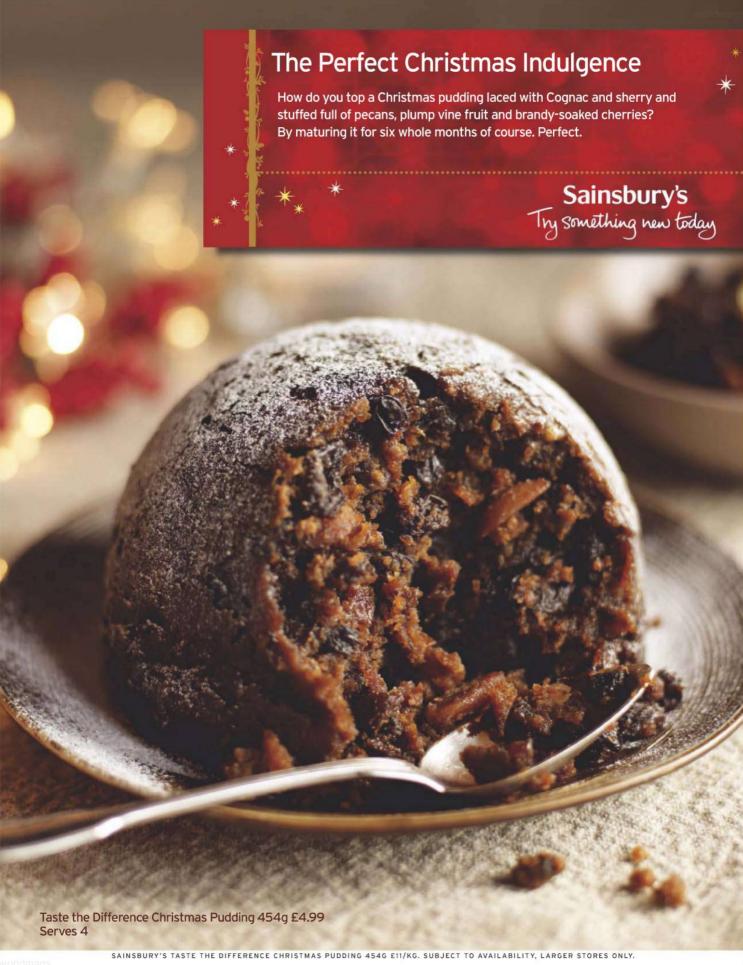


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DISCOVER SOMETHING NEW

Cook's notes

Dates for your diary

Get in the festive mood at these events and markets

Christmas Cookery Masterclass, 2-3 Dec, Dunham Massey, Cheshire

Local chef Paul Ratcliffe demonstrates Christmas dishes using Cheshire meat and poultry in Dunham's Edwardian kitchen. Booking essential. 0161 941 1025, nationaltrust.org.uk/events

Burghley Christmas Festival, 2-5 Dec, Burghley House, Stamford, Lincolnshire

Stock up on local produce and enjoy mulled wine and mince pies at the market in the stable courtyard of this Elizabethan manor. TV chef Rachel Green will be cooking. 01780 752451, burghley.co.uk

. Shrewsbury Food and Drink Fair, 3 Dec, Shropshire

Find everything from hog roasts to honey, beer, meat, fruit and veg at the monthly market in the heart of this medieval county town. 01743 792547, virtual-shropshire.co.uk

• Get Ready for Christmas, 4-5 Dec, Winchester City Mill, Hampshire Set in a restored flour mill, join a cookery class to bake and decorate Christmas biscuits using the mill's own stoneground flour.

01962 870057, nationaltrust.org.uk/events

Festive Food and Drink Fayre,
 4-5 Dec, Ardingly Showground, West Sussex
 Shop for handmade chocolates seasonal

Shop for handmade chocolates, seasonal healthy treats, plus local produce including wines. 01444 892700, festivefayre.co.uk

- Caerphilly Medieval Market, 11-12 Dec Browse more than 50 food stalls, enjoy medieval-style ales and pick up tips and inspiration for Christmas watching cookery demonstrations by Welsh chefs. 02920 880011, caerphilly/gov.uk/Christmas
- Christmas Food Fair, 18-19 Dec, Clumber Park, Nottinghamshire

Clumber's picturesque stableyard becomes a marketplace where you can buy and taste a variety of local produce. 01909 544917, nationaltrust.org.uk/events

Chocolate chestnut cupcakes

Sweet chestnuts have a floury texture

as, unlike other nuts, they have a high starch

and water content, but low protein and fat

levels. They are extremely versatile and

available in a range of guises. Try sweet

Waitrose) in a Bûche de Noël (see recipe

on p168). Add a handful of frozen chestnuts

to a casserole, while the vacuum-packed variety are great chopped in stuffings. This

recipe, below, uses chestnut purée. The

supermarkets, includes frozen, vacuum-

Merchant Gourmet range, available in

candied marrons glacés (available at

MAKES 18 PREP 45 mins COOK 35 mins

packed plus puréed chestnuts.

before decorating

FOR THE CAKES 435g can chestnut purée 6 eggs

175g/6oz golden caster sugar 200g/7oz ground almonds 1 tsp baking powder FOR THE TOPPING 200g/7oz dark chocolate generous knob butter 400ml/14fl oz double cream

chocolate curls

1 Line one and a half muffin trays with 18 muffin cases. (We used deep, gold ones by Foilcraft, from cake-decorating shops.) Heat oven to 180C/160C fan/ gas 4. Tip the chestnut purée into a large bowl and mash with a fork. Whisk the eggs and sugar with an electric hand whisk until pale and frothy.

2 Fold half the egg mixture into the chestnut mixture to lighten it, then fold in the almonds and baking powder. Gently fold in the rest of the egg, then drop the batter into the muffin cases. Bake for 25-30 mins until firm. Cool. You can freeze the cupcakes for up to 6 weeks.

3 To make the chocolate topping, gently melt the chocolate, butter and cream together in a small pan. Pour into a bowl and leave to cool. Beat well to thicken the mixture then swirl generously onto the cupcakes and pile with chocolate curls. They will keep in the fridge for 4 days. Dust half with icing sugar and the other with cocoa before serving. PER CAKE 392 kcals, protein 7g, carbs 31g, fat 28g, sat fat 12g, fibre 2g, sugar 25g, salt 0.27g



In your kitchen December

- Make sure you have somewhere suitable to keep your fruitcake if you are feeding it before icing. Most kitchens have space, usually undisturbed, on top of the cupboards.
- Collect twigs, fir cones and anything else that takes your fancy to make natural table decorations and wreaths.
- Think about what jars and empty tins you might need for gifts or baking before sticking them in the recycling box (for a delicious example, see our Mini panettone recipe on p158).





Cook's notes

All tested and tasted

The Good Food team started work on this bumper issue over the summer, creating and testing more than 120 Christmas recipes and taste-testing festive products

It was August outside, but in the Good Food Test Kitchen, it was Christmas Day, and our Christmas dinner menu was tested in real time.

Everyone in the office tried the results - turkey with all the trimmings is delicious whatever the season!



Edwardian Farm

The team behind the BBC's Victorian Farm spends a year WHAT'S ON in Devon exploring what life was like



for a new BBC Two series in November.

- · For a taste of two traditional west country recipes, turn to p202
- Turn Back Time

Five shopkeeping families take over a parade of shops, recreating six eras from the 1870s to the 1970s. Starts in November on BBC One.

Nigel Slater's Simple Suppers

Nigel creates speedy recipes in his new series starting on BBC One in November: while over on BBC Two, Nigella Kitchen continues on Thursdays at 8pm.

■ The Hairy Bikers' Cook Off

Family cooking is at the heart of this new series, weekdays at 5.15pm on

Turn to p205 for recipes Ramsav's Best Restaurant

Gordon Ramsay continues his search for Britain's best local restaurant. Tuesdays at 9pm on Channel 4.

Street Market Chefs

Two chefs attempt to out-cook each other at local food markets in this new series on Five, presented by Amanda Lamb. Tuesdays at 7.30pm.

Bill Granger's Tasty Weekends

The Aussie restaurateur cooks in historic or unusual locations around the UK in this new series on the Good Food channel from 29 November.

· See p199 for more TV news & recipes



Still time to book

Don't miss seeing your favourite chefs, including The Hairy Bikers and James Martin, at the Winter Good Food Show in Birmingham and MasterChef Live in London. Turn to p60 for details or visit bbcgoodfoodshow.com

Good Food Vegetarian Christmas is on sale from 3 November, featuring more than 100 recipes, including festive mains, dishes for entertaining plus lots of quick suppers. £3.50 from stores, or call 01795 414754 to order.







Available now in delis and supermarkets

www.wenslevdale.co.uk

Our team, including Food editor Barney Desmazery, blind-tasted more than 200 festive supermarket items, including 20 Christmas



Cookery
assistants
Rosie Reynolds
(far left) and
Gloria Stewart
in the Test
Kitchen. Every
recipe is tested
and tasted – and
tweaked if need
be – to ensure it
will work first
time for you

ADVICE FROM THE GOOD FOOD COOKERY TEAM

We cook a huge number of recipes each month, so we're always looking for clever ideas to use up leftovers. For our December and January issues we were overwhelmed with turkey, ham and cheese. Barney recommends breaking up the turkey carcass as soon as you can. Put everything you want for making stock into a bag, then freeze until needed. Sarah keeps her storecupboard full of canned pulses and jars of peppers, sundried tomatoes and artichokes. She shreds turkey, ham and leftover roast veg to mix with pulses and some deli bits for a super-fast supper. Lulu likes to use up leftovers from her Christmas cheeseboard to make a batch of cheese sauce, which she freezes in portions. A bag of cheese sauce in the freezer makes lasagne or macaroni cheese much less of a production on a weeknight.



Test

Kitchen

Barney



Sarah

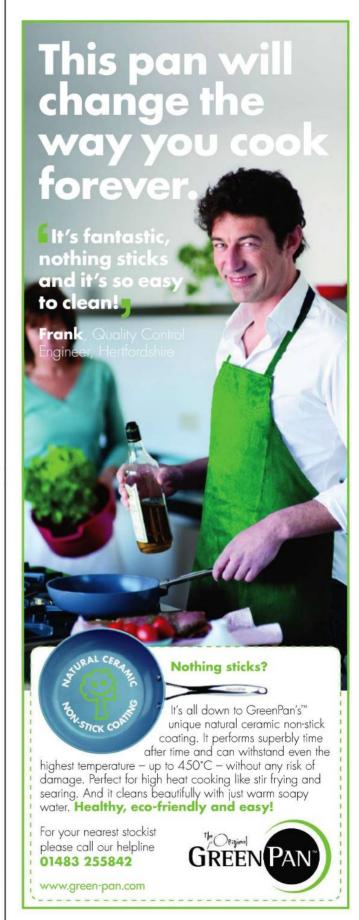


Lulu



We like these festive sugar lumps in the shape of snowflakes, mistletoe, fir branches and pinecones. You get approximately 60 lumps in a lovely box, so they would make a great gift, too. Christmas sugar, £28, Cox & Cox, 0844 858 0734, coxandcox.co.uk





This month's recipes

Getting the best from GoodFood



Why you can cook our recipes with confidence

All the recipes in Good Food are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the Good Food Test Kitchen by our Cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large egss, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- and avoiding lengthy preparations.

 We use easily available ingredients and include seasonal fruit and yes.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.

To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website bbcgoodfood.com.

What our symbols mean

Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

Moderately easy These require a bit more skill – such as making pastry.

For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

Suitable for vegetarians
Always check the labels on
shop-bought ingredients such as
cheese, pesto and curry sauces
to ensure that they are suitable.

Not suitable for freezing
Suitable for freezing Unless
otherwise stated, freeze for up to
three months. Defrost thoroughly
and heat until piping hot.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less, and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg. Low fat 12g or less per portion. Good for you Low in saturated

Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

fat and salt

HEALTHY EATING GUIDELINES

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, saturated fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit. Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned. Guideline Daily Amounts (GDA) advise you how much of a nutrient

you should eat each day. Kcalories (GDA) Women, 2,000; men, 2,500.

Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

Sugar (GDA) women 90g; men 120g (we analyse recipes for total sugar – natural and added).

We regret that we are unable to answer medical/nutritional queries. Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.

RECIPE KEY ■ Healthy option ■ Low fat ■ Suitable for freezing

DRINKS & CANAPES

- 123 Amaretto fizz
- 125 Christmas cosmopolitan
- 123 Dolcelatte-stuffed figs 175 Mimosas
- 126 Mini Mont Blancs
- 125 Mini sage & onion scones
- 125 Prawn & chorizo skewers with gremolata
- 125 Thai mango, chilli & lime cups 126 Winter Pimm's punch

STARTERS

- 205 Chestnut & chorizo soup
- with sweet smoked paprika

 Clementine, feta & winter
 leaf salad
- 34 Creamy smoked salmon, leek & potato soup
- 34 Mushroom butter on toast
- 204 Pea & mint soup
- 128 Plate of smoked fish 98 Spiced home-cured salmon
- 195 Spiced parsnip & ham

116 Walnut & Stilton orzotto with roasted squash & Port sauce

POULTRY & GAME

- 112 Butter-roasted supreme of chicken with wild mushroom & potato gratin
- 74 Goose & mustard fruits with Marsala sauce
- 98 Honey-mustard glazed duck
- 194 Mini turkey & cranberry pies 📴
- 78 Roasted poussins with bulghar stuffing & pistachio & orange blossom glaze
- 201 Roast loin of venison with candied vegetables & truffle celeriac purée
- 36 Roast turkey with citrus butter
- 194 Speedy spicy turkey rice

MEAT

- 199 Asian-marinated pork steaks with rice noodle salad
- 202 Cornish pasties
- 81 Extra-special lamb biryani 105 Ginger beer & tangerine glazed ham
- 175 Honey-mustard sausages with tomatoes & eggs
- 72 Pizza rustica all'Inglese
- 85 Roast fore rib of beef with
- beetroot & horseradish
- 131 Roast pork with apple sauce 205 Slow-roast shoulder of lamb with roasted garlic
- & flageolet beans
 76 Spiced Chinese pork with spring onions & bok choi

FISH & SEAFOOD

- 70 Fish couscous 120 Spice-crusted salmon
- with sautéed potatoes & spinach
- 199 Spicy beer-battered fish & spicy mint chutney

Five celebration menus -

CLASSIC CHRISTMAS MEAL to serve 8



Roast turkey with citrus butter **p36**



Chunky roast potatoes **p44**

 Sausage & cranberry stuffing
 p38 • Sticky
 carrots with thyme

& honey **p46**

 Sprouts with chestnuts & crisp pancetta p48



Granny Cook's Christmas pud **p52**

2 SOMETHING DIFFERENT to serve 4



Roasted poussins with bulgar stuffing and pistachio & orange blossom glaze **p78**



Carrots & star anise purée p48 • Red cabbage with Bramley apple & walnuts p46



lced nougat & raspberry terrine **p94**

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and festive menus

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- 204 Courgette & herb risotto 187 Easy cheese fondue
- 185 Pesto & tomato pasta with crispy crumbs
- 199 Spicy beans with scrambled eggs
- Squash & sage pithivier

SIDES, STUFFINGS & SAUCES

- Bacon, sausage & prune rolls
- 128 Ballymaloe cucumber pickle Buttered peas & leeks
- Carrot & star anise purée 107 Chilli & tangerine braised lentils 0
- 183 Christmas slaw
- 44 Chunky roast potatoes
- Cranberry & red wine sauce

- 44 Creamy potato & shallot gratin
- Garlic rice Gravy for the Christmas turkey
- 128 Horseradish sauce
- 187 Make-ahead gravy Mashed parsnip & sprout
- colcannon Mixed greens with sesame
- Polenta & pancetta stuffing
- Red cabbage with Bramley apple & walnuts
- 105 Roasted beets with watercress & horseradish apple sauce
- 107 Roasted cauliflower with garlic, bay & lemon
- Roasted Jerusalem artichokes !!
- Roasted root vegetables
- 131 Roast garlic colcannon
- Sausage & cranberry stuffing =

- 48 Savoy cabbage with almonds
- 105 Speedy horseradish apple sauce
- Sprouts with chestnuts & crisp pancetta
- Squashed baby potatoes with rosemary
- Sticky carrots with thyme & honey
- Swede & parsnip bake 128 Sweet mustard & dill
- mayonnaise Traditional bread sauce
- 205 Welsh rarebit puff pastries
- Wild rice, chestnut & squash stuffing

BAKING & DESSERTS

- 177 American-style pancakes with vanilla berry compote
- 188 Baileys banana trifles Black Forest trifle
- Brandy & vanilla butter
- 168 Bûche de Noël

- 108 Chestnut fool
- 178 Chocolate & almond croissants
- Chocolate chestnut cupcakes
- 151 Chocolate fruitcake 163 Chocolate truffles
- 195 Christmas pudding strudel
- 108 Christmas spiced friands
- Christmas stollen pudding
- Cinnamon shortbread Clementine & prosecco
- jellies |
- Cointreau custard
- 91 Cranberry fools 156 Deep-filled mince pies
- 202 Devon splits
- 151 Easy wreath cake
- 136 Fig & walnut slice
- Granny Cook's Christmas pud Iced nougat & raspberry
- terrine Katy's shortbread
- 132 Maple pecan toffee tart
- 156 Mini panettone
- 218 Nutty chocolate crunch

- 188 Peppermint hot chocolate
- 164 Pink & white vanilla marshmallows
- 164 Raspberry & passion fruit pastilles
- Reindeer cuncakes
- 167 Rich fruit Christmas cake
- 152 Rocky robin cake
- Salted caramel chocolate torte
- 164 Sea-salted caramels
- 120 Sloe gin & fruit sponge puddings with custard
- 160 Spiced & iced Christmas trees

- 155 Starry mincemeat slices
 93 Stem ginger & treacle tart
 98 Sticky rum-poached pineapple with coconut ice cream
- 158 Stollen spirals
- 151 Sugar-dusted snowflake cake
- 201 Warm cinnamon sponge pudding with pear purée, honey & vanilla mascarpone

inspiration for your big festive meals

LIGHTER **MENU** to serve 4



Clementine feta & winter leaf salad p34





Fish couscous



Clementine & prosecco jellies p87

FESTIVE VEGETARIAN



Two squash & sage pithiviers p51



Half quantity of Buttered peas & leeks p48 Roasted

Jerusalem

artichokes p98



Sticky rum-poached pineapple with coconut ice cream p98

PRESENT SWAP WITH THE GIRLS



Christmas cosmopolitans

p125

 Thai mango, chilli & lime cups **p125**



Chocolate

Make-ahead Spiced Chinese pork with spring onions & bok choi p76



chestnut cupcakes p11

In your Everyday food pull-out

- 10 Artichoke & pea risotto Aubergine, chilli & bacon
- Baked sweet potatoes with easy chilli & soured cream
- Cheat's deep-pan pizza Cranberry & blue cheese
- tart with pear salad Cranberry chicken
- salad Honey-mustard roast chicken with bubble &
- squeak Italian sausage stew with
- rosemary garlic mash Leek, mushroom & goat's
- cheese strudels Mussels in beer
- Mussels in red pesto
- Mustard-crusted salmon with celeriac mash
- Prawn & pea korma
- Prosciutto & artichoke nibbles
- Quick artichoke dip Roast pork with couscous
- & ginger yogurt
- Shepherd's pie pasties
- Smoked salmon carbonara Spanish bean stew
- Spiced root vegetable soup
- Spicy red lentil soup with
- cheese chapatis

 Steak & Stilton bruschetta
- Sweet chilli nie
- Warm chickpea, chilli & feta salad
- Winter cobb salad

From you we love to hear from you. Write to us at Good Food Media Centre MC3D1, 201 Wood Lane, London W12 7TQ, or email us at goodfood@bbc.com. Please include your full name and a daytime phone number











Marion Biles from Bristol. a member of the Women's Institute, loves creating recipes to use up leftovers. like this wonderful pud. It's a great way to give a new lease

of life to a stollen that has lost its freshness.

Christmas stollen pudding

SERVES 6-8 PREP 10 mins COOK 45 mins Easy 2

750g-1kg/1lb 10oz-2lb 4oz stollen, cubed 300ml/1/2pt double cream 300ml/1/2pt milk 2 eggs, beaten 6 amaretti biscuits, crushed icing sugar, to serve (optional)



Heat oven to 180C/160 fan/gas 4. Put the stollen cubes into an ovenproof serving dish. Mix the cream, milk and eggs together and pour over the stollen. Sprinkle over the amaretti biscuits. Bake for 45 mins until golden and slightly risen. Serve dusted with icing sugar, if you like. PER SERVING 759 kcals, protein 12g, carbs 78g, fat 47g, sat fat 25g, fibre 1g, sugar 52g, salt 0.67g

SEND US YOUR RECIPES

Marion wins a James Martin Cookware sauté pan, worth £100. For stockists, call 0117 940 0000 or visit stellarcookware.co.uk. Send your recipes to the address above.



Chicken tonight

This is my seven-year-old, Ben, with his version of the Chicken pie recipe from your We love to cook feature (Oct). He really enjoyed making it and has already asked when he can cook dinner again.

Karen Mayes, Burton Latimer, **Northants**



Christmas cheer

After my husband was made redundant, we decided that all treats had to go, including subscriptions. I really did miss the moment each month when Good Food would land on the mat and I could disappear with a cup of coffee and lose myself in the lovely recipes. So imagine my delight when my daughter handed me an envelope with confirmation of a year's subscription to Good Food and a note hoping that 'this would cheer me up'.

As Christmas nears, I'd recommend to anyone who is in need of a present or just bucking someone up, to consider a magazine subscription - it really is a thoughtful gift.

Lesley Geaney, Milton Keynes

If you take out a subscription to this month you'll receive a free copy of Nigella's new cookbook - turn to page 144 for details

DECEMBER 2010 16 bbcgoodfood.com



This month's reader taste team panel – and their verdicts



KERRY LEVER from Carlton, Nottingham, loves comfort foods like soups and pies. Spicy chicken balti is the recipe that never lets her down.

Kerry tested the recipes in our Best of the brunch feature on p175 'The pancakes were great – the

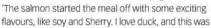


recipe made 12 good-size ones, which didn't stick to the pan, and the compote was brilliant as it wasn't too sweet. The sausages were amazing and the marinade was perfect. We don't usually eat marzipan, but we loved it in the croissants; it goes soft in the middle when heated. The mimosas were drunk in the time it took to open the bottle. They definitely made the brunch more glamorous!'



AMANDA SHEATH is from Droitwich. She makes a gorgeous Bolognese sauce, and her all-time favourite ingredient is pine nuts.

Amanda made the menu for two on page 96



so tender. The sauce was absolutely delicious although a bit rich. I'd never made ice cream before, but the effort paid off. The coconut flavour was nice and refreshing, and it tasted much better than bought. The combination of ice cream, pineapple and rum syrup was very good.'



NICK LUND-CONLON a Nigel Slater fan from Brighton, grew up in Germany and currywurst remains a passion. He won't eat corned beef!

Nick tested the smart dinner menu on p128

'The smoked fish starter is really special – it was full of flavour, but not too filling. And, believe me, you

want to leave room for the roast pork and colcannon, which, combined with the apple sauce, made for a faultless take on the usual Sunday roast. I didn't hear my guests speak for half an hour! The pecan toffee tart was simply wonderful and a great way to finish the meal.'

To take part in our reader taste team, write to CJ Jackson at Good Food Media Centre MC3D1, 201 Wood Lane, London W12 7TQ or email goodfood@bbc.com

Batch cooking

As a busy mum with triplets, I love your Make one, freeze one recipes. However, I have noticed that their saturated fat content is often high. Is this so that they freeze successfully? Could you include some lower fat dishes?

Susanne McInerney, Rathfarnham, Dublin

Lulu Grimes, Food director, writes: We've tended to choose quite classic dishes, often with a creamy texture, for this feature. These are generally made with full-fat products to ensure that they freeze and defrost without splitting. We also keep an eye on cost, so a chicken stew might contain thighs, which are higher in fat than chicken breast. From February, we'll be launching a series on batch cooking with more choice of recipes.

Good Food is available in both audio and electronic formats from National Talking Newspapers & Magazines. For more information, please contact National Talking Newspapers & Magazines, National Recording Centre, Heathfield, East Sussex TN21 8DB.

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Buy a book for every kinchen buy a book for a cookbook expert, recommends practical and inspiring titles



brand-new book with loads of enticing recipes to try - a brilliant present for anyone who likes spending time in the kitchen. Nigella and Jamie both have books out in time for Christmas and fans will appreciate another collection of recipes to add to their library, but if you are looking for a specific book for a certain type of cook then I've compiled a list to help you choose the ideal gift.



Kitchen: Recipes From the Heart of the Home

by Nigella Lawson (£26, Good Food offer price £23.40, Chatto & Windus)

This bumper compendium is a real Christmas treat, with something for every situation: from quick suppers, good for when the appetite is large but the energy

levels are low, to crowd-pleasers for when you have guests to impress. The recipes are big on flavour but straightforward, with practical shortcuts. As always Nigella's baking is a real strength and her Guinness gingerbread is definitely now one of my favourites. Like her first book How to Eat, this will become much splattered with daily use. I cannot think of anyone who wouldn't welcome a copy.



Jamie's 30 Minute Meals by Jamie Oliver (£26, Good Food offer price £22, Michael Joseph) Jamie's recipes are always hits and almost everyone must own at least one of his books. However, like shoes or diamonds, you can never really have too many! This new book, based on his Channel 4 TV

series, is a practical collection of supremely quick and easy ideas for meals which can be put together with minimal effort in under 30 minutes. We can all spare 30 minutes and let's be honest, you can't get pizza delivered much quicker. These are whole meals too with main courses and puds, all made from real ingredients, so you can feel virtuous as well as well-fed.

For kitchen scientists



Keys to Good Cooking by Harold McGee (£25, Good Food offer price £22.50, Hodder & Stoughton) This is for the kitchen geek or indeed anyone who wants to understand better how and, most importantly, why cooking works. This isn't a recipe

book but a kind of kitchen manual. There are sections on techniques like sautéing or roasting or on types of food such as meat or bread. Each section goes into the best way to do things and why, what can be substituted and when it is essential to stick closely to instructions or ingredients. Reading it is fascinating and you will come away with a thousand tips that will improve your cooking. Did you know that a little vodka added to the batter will produce a crisper fried coating?

Inspired cake-makers



Planet Cake

by Paris Cutler (£14.99, Good Food offer price £16.19, Murdoch Press) From simple cupcakes to more elaborate iced

cakes, these designs from Sydney's leading cake decorator Paris Cutler are cheerful, funky, even extraordinary.

The book is set out in the style of a cooking course with easy-to-follow and well-illustrated sections on tools and techniques followed by recipes for cakes for every occasion from birthdays to baby showers. For this time of year, try these amazingly cute reindeer cupcakes.

Reindeer cupcakes

MAKES 12 PREP 15 mins plus cooling COOK 25-30 mins

At Planet Cake, we don't make our own fondant icing, as we find the commercial varieties convenient and often more reliable to use. We also always ice our cupcakes with ganache first and then fondant icing.

175g/6oz butter, at room temperature 165g/53/4oz caster sugar 1/2 tsp natural vanilla extract 2 eggs, at room temperature 110g/33/4oz self-raising flour 150g/51/2oz plain flour 160ml/51/2 fl oz buttermilk 500g/1lb 2oz fondant icing coloured brown, 100g/4oz of it a paler brown 50g/2oz fondant icing coloured red 25g/1oz fondant coloured black twigs or wire for the antlers and spaghetti for attaching the ears FOR THE GANACHE 140g/5oz chocolate, chopped



- 1 Heat oven to 180C/160C fan/gas 4. Line the holes of a 12-hole muffin tin with paper cases.
- 2 Beat the butter, sugar and vanilla in a medium bowl using an electric mixer until light and fluffy.
- 3 Beat the eggs into the butter mixture one at a time. Add half the sifted flours and half the buttermilk, and mix on low speed until just combined. Mix in the remaining flours and buttermilk.
- 4 Divide the mix evenly among the paper cases. Gently smooth the tops (this will help the cupcakes to rise evenly).
- 5 Bake for 25-30 mins or until lightly golden and cooked when tested with a skewer. Allow to stand for 5 mins in the tin before transferring to a wire rack to cool.
- 6 To make the ganache, put the chocolate in a bowl, bring the cream to a simmer and pour it over the chocolate. Stir until smooth. Cool until firm.
- 7 Ice the cupcakes with ganache, then with brown fondant icing. Use the rest of the colours for the ears, eye and nose. Attach ears to the head by pushing a 3cm piece of spaghetti a little way into the ear, then pushing the other end into the head (see how at bbcgoodfood.com).

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75ml/21/2 oz double cream





















For junior cooks



I Can Cook! by Sally Brown and Kate Morris (£12.99, Good Food offer price £11.69, Hamlyn). Ideal for junior cooks. Based on the C-Beebies I Can Cook series, this is aimed at three to fives who want to have fun in the kitchen. There are lots of pictures and simple instructions. Best of all, the 52 recipes are not all sweets or cakes - unlike in many other children's books there's a lovely cheesy lasagne and easy chunky banana bread.



Katy's shortbread

MAKES 8-10 PREP 30 mins COOK 15-20 mins Easy 100 Serve 1 or 2 each with some fresh fruit and a glass of milk for a healthy snack.

60g plain flour 40g butter (room temperature) 1/2 tsp vanilla extract 20g caster sugar 6 glacé cherries

- 1 Line a baking tray with baking paper. Put the flour and butter in the bowl and rub them together with your fingers until the mixture becomes crumbly (just imagine you are tickling it!). Add the vanilla extract to the bowl and mix in the caster sugar.
- 2 Cut the cherries into small pieces with clean scissors, ('everyone knows, it's best to point them at your toes'!) Add these to the mixing bowl and stir it all up with a wooden spoon. Squeeze the mixture into a ball with your hands until it all sticks together.
- 3 Sprinkle a clean surface with flour, then roll the dough out flat with a rolling pin until it's about 5mm thick. Use a cutter to cut shapes out of your mixture and place them on the baking tray. You can roll the dough out again to cut more shortbread biscuits until it is all used up. 4 You'll need to ask an adult for help with
- this part. Place the baking tray in a preheated oven 160C/180C fan/gas 4, for 15-20 mins. Once the biscuits have cooled you can eat them, but not all at once!

For technical cooks



Cured by Lindy Wildsmith (£30, Good Food offer price £27. Jacqui Small). This is one of those books that will appeal hugely to men. Curing your own meat is just the sort of technical challenge that is relished by a man in an apron. All kinds of curing are covered: meat, fish and even fruit and veg. This

book demystifies the whole process of making salt cod or cured ham with step-by-step photographs showing how great results can be achieved at home. There are also recipes for using the finished product in a number of delicious ways. Imagine being able to produce Scallop-stuffed bacon rolls - made from your own bacon.

Student suppers



First Flat Cookbook by Tiffany Goodall (£9.99, Good Food offer price £9.49, Quadrille). A really useful gift for a student or teenager leaving home for the first time. It is packed with practical advice for making satisfying meals whether they be solo suppers, food for sharing or ways to use up leftovers. The recipes

are devised bearing in mind that the first flat cook may not have much kitchen equipment, a cupboard full of ingredients or even a very large budget - but still wants meals that tastes great and will win applause, like Tiffany's Sticky pork stir-fry lettuce cups.

Relaxed baking



Bake by Tina Bester (£12.99, Good Food offer price £11.69, Pavillion). If you know someone who loves pottering in the kitchen up to their arms in flour, then this compendium of sweet and savoury baking recipes will be a big hit. There are cute cakes,

petits fours and fun biscuits such as Jolly jammers - with heartshaped holes for the jam - and Caramel & chocolate shortbreads. There are also chapters on pies, bread and meringues.

Top-notch classics



Cooking With the Master Chef by Michel Roux Jr (£25, Good Food offer price £22.50, Weidenfeld & Nicholson) One for aspiring chefs.

Michel Roux Jr comes from a cooking dynasty and his knowledge is awe-inspiring. Even better is that he is a natural teacher and his passion for food is matched by a genuine desire to help others to cook better. From simple to more elaborate dinner-party dishes, all are well set out with clear explanations and invaluable cheffy tips that make all the difference to the taste and look. I will definitely be serving Milk chocolate mousse scented with ginger to my friends.

Help for beginners



What To Cook & How To Cook It by Jane Hornby (£24.95, Good Food offer price £22.46, Phaidon Press) This is the perfect present for a keen beginner. It contains

a capsule collection of popular recipes covering everything from the breakfast omelette through roast chicken to a classic lemon tart. What makes it special is the amazing design which is both striking and useful, with clear photographs of every stage so a beginner can follow the recipe, confident that they are on the right track and that it should look like that! Nothing is taken for granted and everything is explained clearly, it's like having a friend in the kitchen.

BBCSHOP.COM



Delia's Happy Christmas, £14.50 (rrp £25)

Still the definitive guide to help you plan Christmas to the very last culinary detail, with ideas for getting ahead, parties, Boxing Day feasts and using up leftovers. Contains 100 new and 50 much-loved

classics, plus menu plans and shopping lists. Order code GF1310.

Looking for stocking fillers? Good Food 101

books are packed with triple-tested recipes, all photographed and nutritionally analysed. Great value at £3.99 (rrp £4.99) each. Order code GF1410. Italian Feasts Light snacks, family-style stews and plenty of new ideas for pasta as well as stylish



mains and puds for dinner parties.

Slow-cooking recipes A really useful collection, whether you fancy taking time to cook roasts and casseroles for family and friends, baking or making batches of meals for the week ahead.



Soups & sides Inspiration for every season, including hearty bowls for wintry meals and lunchboxes, smart soups for entertaining, plus lots of simple ideas for sides.

TO ORDER Call 0844 848 9799 or visit bbcshop.com and enter the promotional code at checkout. P&p is free.

Gourmet indulgence



Noma by Rene Redzepi (£35, Good Food offer price £31.50, Phaidon Press) Copenhagen's Noma Restaurant, recently voted best restaurant in the world, has taken over from El Bulli as the hottest destination for gourmets. Chef Rene Redzepi's menus focus on local ingredients but interpreted as exquisite molecular gastronomy. If you know a gourmet traveller then they'll appreciate this truly beautiful book.

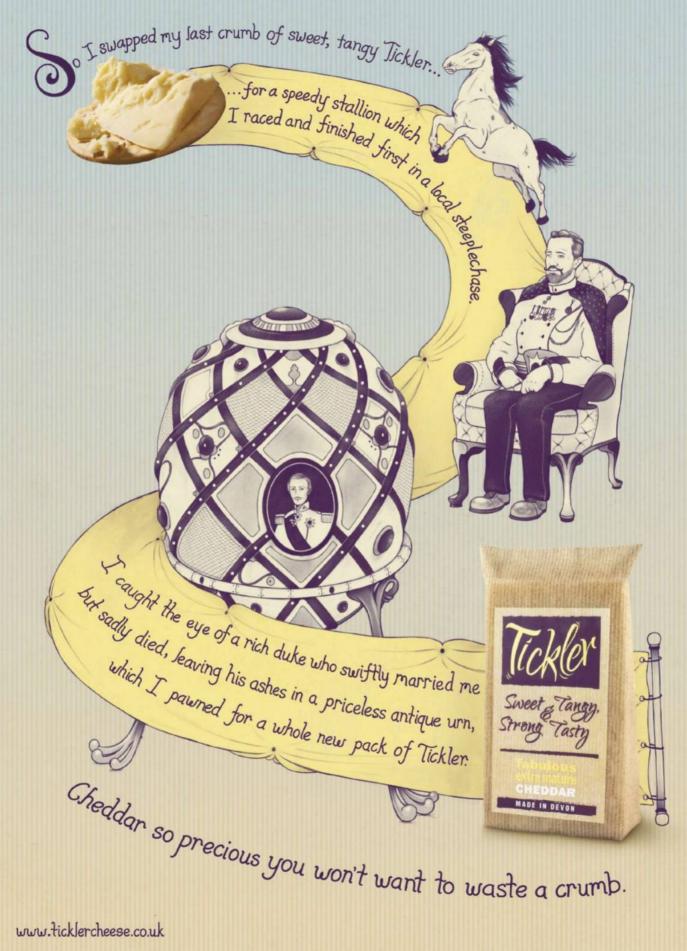
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DECEMBER 2010





OTGEOUS GIFTS

Burleigh jelly moulds, from £21.50 Glazed china, made from original Victorian castings. Divertimenti



Dinner at eight napkins, pack of 4, £3.99 Historic Royal Palaces



Baker's cake tins, set of 3, £4 A charming way to keep cake and mince pies fresh - a bargain buy, too. Morrisons

NOVEMBER 2010





Antique silver corkscrews, £28 each Practical, smart and collectable. Joanna Wood



Lulu Grimes, Food director 'This high-tech blender is expensive, but there's not much it can't do - it chops, cooks,

kneads dough, makes jam and creates the finest textured spices I've ever seen.' Thermomix, £857 Thermomix

Turn to p26 for stockist details

bbcgoodfood.com 23





Nordic Ware teacakes & candies pan, £35
Baking gueens will love this non-stick pan that makes

tiny cakes, chocolates or jellies,

online.co.uk

all exquisitely detailed. cookware-

Robot apron & chef's hat set, £4.99 Kit out a little

chef with this delightful duo.

Robert Dyas

Rose trivet, £7 This stunning trivet is made from heat-resistant melamine. this is glint.co.uk

Purple glass bowl, 17cm, £9.99 Homebase

Le Creuset cassis stoneware utensil jar,
1.1 litre, £14.50
This robust jar will keep kitchen essentials within easy reach, including these items from Eddingtons olive wood utensil range, from £2.85.

Joosescookshop.co.uk

LE CREUS



Red reindeer coasters, pack of 4, £2.50

Tesco



ON MY WISH LIST...



Barney Desmazery, Food editor '1 find a hand blender essential for making silky 77711

sauces and soups. This is my favourite as the powerful motor produces a really good froth, and the attachments can be removed and cleaned in the dishwasher.'

EXQ hand blender,
£39.99 Lakeland





Hairy Bikers World large square stoneware pie dish, £25 Extra-big capacity, great for feeding a crowd. The fluted edge helps to secure a pastry lid and stop it from sinking. Debenhams

They're so pretty I'll be using them for quick cake decorating as well." Sweet as pie

stencil kit, £10 Jamie at Home



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et Tesco *Finest** make Christmas exceptional for your family and friends this year. There's a huge range of the very best quality food, made from authentic ingredients and prepared with love and care, so you'll find everything on your list – along with new and interesting things to tempt you, all at great Tesco prices.

Tesco *Finest** has all the answers. There are tasty traditional favourites, plus a wide range of party food with exciting flavours and twists. Then there's speciality meat and poultry, indulgent desserts, and all the extras that make Christmas taste special, such as hams, pâtés, cheese and chocolates. And, of course, wine and Champagne, too!

With so much at such good value, there's no need to shop anywhere else this festive season – especially if you're entertaining. With Tesco *Finest** you know all the food will be mouth-wateringly delicious. It will take some pressure off you, too – instead of slaving away in the kitchen, you'll be able to spend time with your guests and enjoy the party.



All the extras

Don't leave anything to chance when entertaining – it's all the extra touches that can make a difference. So don't forget to get in treats like pâté for your buffet, traditional favourites like mince pies, and snacks and nuts for when guests get peckish. Finest* Duck & Champagne Pâté in Kilner Jar, £5



ABOVE Finest* 12
Mini Mince Tart
Selection laced
with Courvoisier VS
Cognac, £3
RIGHT Finest*
Thai Selection,
Finest* Oriental
Selection, and
Finest* Tempura
King Prawns
£3 each, or 2 for £5
(all from the freezer)





GET THE PARTY STARTED

If you're throwing a bash for Christmas or New Year's Eve, surprise your guests with a selection of cool canapés and buffet favourites.

Try the delightful Oriental Bite Selection (right), with Prawn & Sesame Bites handwrapped in noodle strips,



Thai Chicken Satay Bites rolled in croutons and Jasmine Rice Green Thai Bites coated in breadcrumbs.

Or why not try the gorgeously juicy Tempura King Prawns coated in a light and crispy tempura batter, or the plentiful and authentic Thai and Oriental Selections (both opposite, far left), to name but a few?







A slice of luxury

No party would be complete without a cheeseboard full of flavour and texture. Invest in the Cheeseboard (above), with its choice of the best of British and continental cheeses, including Parkham's Vintage Farmhouse Cheddar and Renard Gillard's Brie de Meaux. Or stock up on a special cheese such as the creamy, handmade Quenby Hall Stilton. Accompany with crackers and grapes for the full experience.

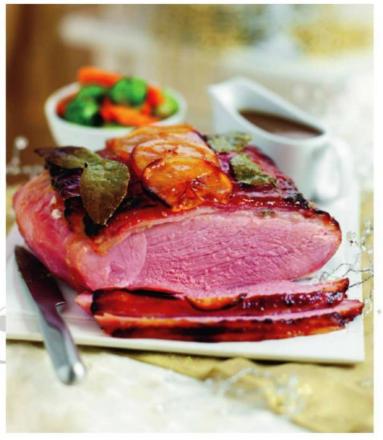
Finest* Cheeseboard, £10



Enjoy a Finest* Christmas

Advertisement feature

o much time is spent planning and cooking the main course on Christmas day, because it's the most important family meal of the year. With Tesco Finest* you can make the day go perfectly – and with a lot less stress. There are meat joints, from traditional turkey to prepared alternatives such as salmon or gammon, plus accompaniments including stuffing, veg and sauces, so you don't have to waste time making everything from scratch. Wash it all down with a glass of Champagne!





Not everyone is a fan of turkey, so give your guests other options. Try the flavoursome Unsmoked Drycure British Gammon with oak-smoked streaky bacon, orange slices and bay leaves, with an orange and brandy drizzle (above). When cooked, just drizzle the sauce over the joint and carve.

For those who enjoy fish, the Salmon Side with cranberries, dill and orange (top right) offers a delicious alternative main. The salmon is selected from the Shetland Isles, and together with its fruity, herby dressing, the result is a fresh, aromatic flavour.

Still looking for choice? Try the wonderfully succulent Wiltshire Cured Ham (opposite page). The fresh outdoor reared British pork leg is seeped in an aged Wiltshire brine and hung to develop the flavour. It's then gently cooked with the bone left in to maximise the taste and lock in the succulence. Open roasted with cane sugar to finish, it will prove to be a favourite staple over the festive period.

ABOVE LEFT Finest*
Richard Woodall
Unsmoked Drycure
Gammon, £15
TOP RIGHT Finest*
Salmon Side with
cranberries, dill
and orange, £7
RIGHT Finest*
Premier Cru
Champagne,
matured for up to
36 months, £19.49





The perfect match

Christmas dinner wouldn't be complete without all the usual accoutrements, such as crispy roast potatoes and sweet parsnips, a rich, warming stuffing and extra trimmings. Serve up only the best – try these British Pork, Chestnut, Honey & Rosemary Stuffing Portions (above), crispy Goose Fat Roasting Potatoes and gorgeous Orange Blossom Honey Coated Parsnips, to get started.

ABOVE Finest* 6 British Pork, Chestnut, Blossom Honey & Rosemary Stuffing Portions, £2.79















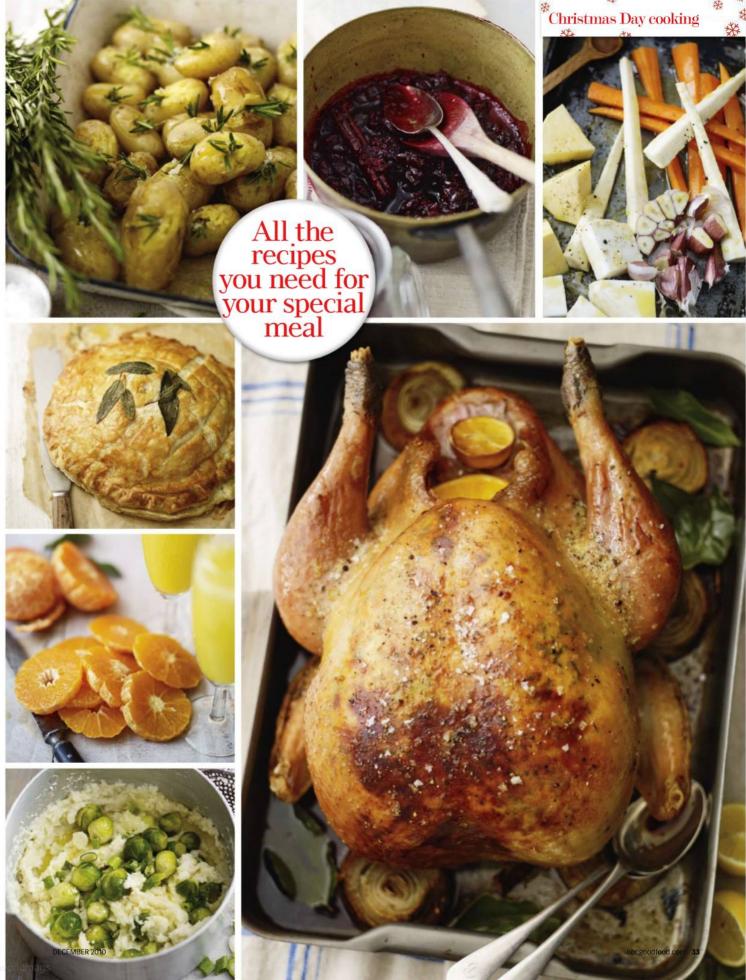
Enjoy a *Finest** Christmas



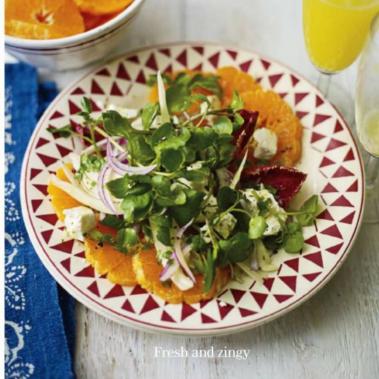


The big day









Stunning starters

For a stress-free opener, these options are either make-ahead or no cook

Creamy smoked salmon, leek & potato soup

SERVES 8 PREP 15 mins COOK 25 mins

Low fat

Any leftovers will taste great re-heated over the next couple of days.

large knob of butter

- 2 large leeks, halved and finely sliced
- 1 bay leaf
- 1kg/2lb 4oz floury potatoes, diced
- 1 litre/1¾ pints chicken or veg stock 100ml/3½fl oz double cream
- 200g/7oz smoked salmon, cut into strips small bunch chives, snipped
- 1 Heat the butter in a large saucepan and add the leeks and bay leaf. Cook over a low heat for 8-10 mins or until the leek is really soft, then stir through the potatoes until coated in the butter. Pour over the stock and cream and bring to the simmer, then gently bubble for 10-15 mins until the potatoes are really tender. If freezing at this stage, slightly under-cook the potatoes, then defrost and bring back to a simmer to finish cooking them and continuing the recipe.
- **2** Add two-thirds of the smoked salmon, stir through and season. Serve the soup in deep bowls with the remaining smoked salmon and snipped chives on the top. PER SERVING 240 kcals, protein 14g, carbs 23g, fat 11g, sat fat 6g, fibre 3g, sugar 2g, salt 1.58g

Clementine, feta & winter leaf salad

SERVES 8 PREP 20 mins NO COOK

Superhealthy Good source
of vitamin C, counts as 1 of 5-a-day

This wonderfully light salad is packed with
easy-to-find seasonal ingredients.

- 6-8 seedless clementines
- 2 heads red chicory
- 100g/4oz watercress
- 1 fennel bulb, halved, cored and very finely sliced
- 1 red onion, halved and finely sliced 200g pack feta, cut into cubes small handful parsley, finely chopped

FOR THE DRESSING

juice 1 clementine

- juice 1 lemon
- 4 tbsp olive oil 1 tsp caster sugar
- **1** Whisk the dressing ingredients in a jug, season with salt and set aside.
- 2 To make the salad, peel the clementines and slice whole. In a bowl, gently toss the chicory and watercress with the fennel and onion. Place slices of clementine on opposite sides of each plate, mound a pile of leaves in the middle, then scatter over the feta. Stir the parsley through the dressing and drizzle over the salad. PER SERVING 149 kcals, protein 5g, carbs 8g, fat 11g, sat fat 4g, fibre 2g, sugar 7g, salt 0.7g

Mushroom butter on toast

SERVES 8 PREP 15 mins plus chilling COOK 20 mins Seasy W

This make-ahead starter delivers all the flavour of mushrooms on toast without any last-minute frying.

250g pack butter, softened
1 onion, very finely chopped
3 garlic cloves, finely chopped
2 thyme sprigs, plus extra to serve
30g pack dried porcini mushrooms,
soaked, drained and finely chopped
250g pack chestnut mushrooms, finely
chopped
2 tbsp brandy
juice ½ lemon
small handful each parsley and
tarragon, finely chopped
toasted bread and salad leaves, to serve

1 Melt 50g butter in a pan and gently fry the onion until softened. Add the garlic and thyme and fry for 1 min more. Tip in all the mushrooms and toss to coat in the butter. Cook on a high heat for 5-8 mins until soft. Pour over the brandy and lemon juice, then cook for 2-3 mins more or until all the liquid has evaporated. Turn off the heat, add the herbs and seasoning, then allow to cool. 2 Once cooled, remove the thyme. Mix the mushrooms with the remaining butter, then divide between 4 ramekins. Chill until firm, or for up to 2 days, then serve a ramekin, topped with a thyme sprig, between 2 to share with toasted bread and dressed salad leaves. PER SERVING 266 kcals, protein 2g, carbs 4g, fat 26g, sat fat 16g, fibre 2g, sugar 1g, salt 0.39g

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DECEMBER 2010



The Christmas turkey

Succulent and picture perfect, this will be the crowning glory of your festive feast

WE'VE MADE IT EASY FOR YOU...

All the trimmings and vegetables cook at the same temperature as each other, and at the same temperature that the turkey finishes at.

So that you can fit everything easily into your oven, most recipes can be cooked entirely while the turkey is resting or being carved, plus we've made many of the dishes prepare-ahead. Turn the page to choose the sides you want with your roast turkey.

TURKEY TIMEPLAN

Turn to p55 for advice on buying, preparing, cooking and carving your turkey.





Roast turkey with citrus butter

SERVES 8 PREP 15 mins COOK 4 hrs 10 mins Mederately casy
A turkey will need a different cooking time per weight depending on the size. Turn to p55 for advice and our roasting chart.

1 turkey, about 6kg/13lb, giblets removed

140g/5oz butter, at room temperature zest 1 lemon

zest 1 orange

2 thyme sprigs, leaves finely chopped 1 rosemary sprig, leaves finely chopped

4 large onions, halved

3 bay leaves

2 tbsp olive oil

1 Heat oven to 180C/160C fan/gas 4. Pat the turkey dry all over with kitchen paper. Now weigh the bird and calculate the cooking time at 40 mins per kg. Mix the butter with the zests and herbs, and season well. Gently push your fingers under the turkey's skin, starting from the neck end of the bird, easing the skin away from the flesh over both the breasts and the tops of the drumsticks. Spread the butter under the skin, pushing it in as far as you can, then smooth the skin back into place. Halve the lemon and orange and put in the turkey cavity along with 2 onion halves and the bay leaves. 2 Rub turkey all over with oil and sprinkle with salt. Arrange remaining onions in the bottom of a large roasting tin to act as a trivet for the bird. Sit the turkey on top and completely cover both bird and tin with foil to make a tent. Roast according to your calculated cooking times - see intro. 3 Thirty mins before the end of the cooking time, take out the turkey and turn up the oven to 200C/180C fan/gas 6. Remove the foil and return to the oven for a further 30 mins until golden. To test, pierce the fattest part of the thigh with a skewer - the juices that run out should be clear and not pink; keep cooking if the juices are pink and re-check at 10-min intervals. If you like your turkey meat almost falling off the bones, then wiggle the leg - it should give slightly if the meat is ready to come away from the bones, keep cooking and basting until it does. 4 Rest the turkey, covered loosely with foil, for at least 30 mins and up to 1 hr before serving. Strain and reserve the cooking juices and keep the onions in the tin for making the gravy, recipe on p40. PER SERVING 686 kcals, protein 100g, carbs none, fat 32g, sat fat 13g, fibre none, sugar none, salt 0.86g

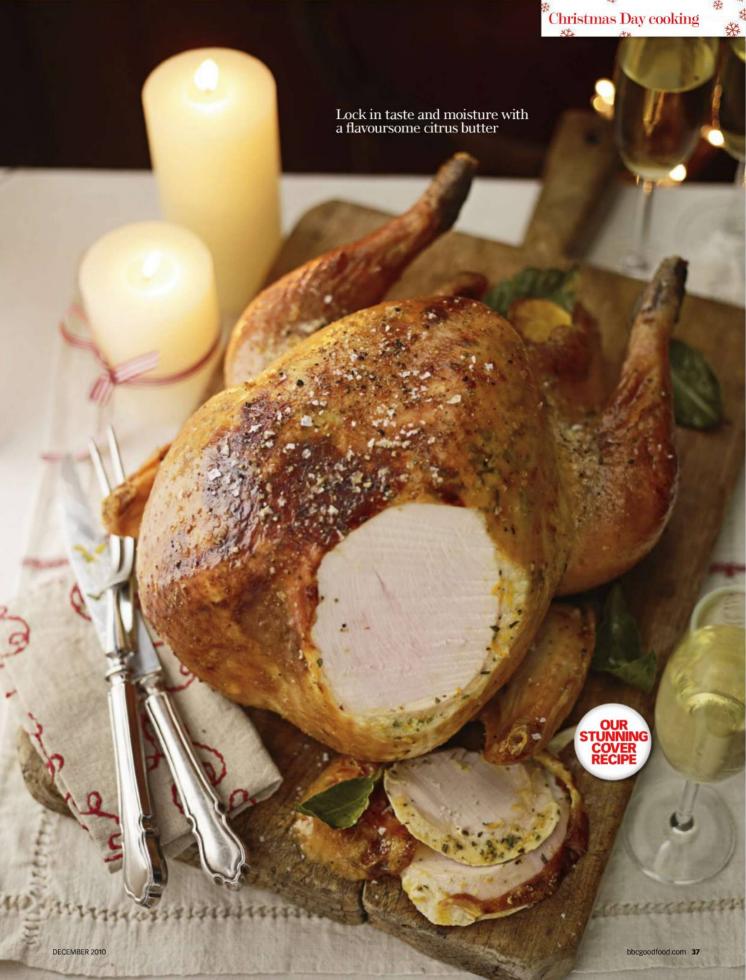
SERVE OUR COVER RECIPE

Roast whole peeled shallots alongside the turkey for the final 35-40 mins of cooking, and pan-fry or griddle halved clementines for about 5 mins until golden and caramelised. Serve the turkey on a platter with the shallots and clementines.

WINE NOTES

Pick a spicy red from the Rhône. Domaine de la Tourade 'Font des Aieux' Gigondas 2007, 14.5%, is full-bodied, dense and glossy, with roasted plums (£15.95, fromvineyards direct.com).

Tesco Finest Vacqueyras 2008, 13.5% (£7.99), is floral, with a crunchy freshness to balance the rich flavours.









Prepare-ahead trimmings with a twist

1 onion, finely chopped

Try something different this year with these flavour-packed, easy-to-make stuffings

Polenta & pancetta stuffing

SERVES 8 PREP 10 mins COOK 1 hr 10 mins This creamy stuffing is unusual and absolutely delicious. It will firm up more the longer it is left standing.

1 onion, finely chopped
2 tbsp olive oil
2 x 70g packs cubetti di pancetta
1 garlic clove, crushed
2 thyme sprigs, leaves stripped and finely chopped, plus extra to serve
1 x 500g pack ready-cooked polenta, chopped into cubes
50g/2oz Parmesan, grated
250ml/9fl oz single or whipping cream

250ml/9fl oz chicken or vegetable stock

1 Heat oven to 200C/180C fan/gas 6. In a large frying pan, gently fry the onion in the oil until soft, about 8-10 mins. Stir in the pancetta, garlic and thyme, and cook until the pancetta is browned and crisp. Stir in the polenta and half the cheese and cook for a few mins – don't worry if the polenta breaks up. You can prepare up to this stage up to a day ahead.

2 Add the cream and stock to the pan, mix thoroughly, then pour into an oiled baking dish. Sprinkle the remaining cheese over and bake for 40 mins or until browned on top. Allow to stand for 10 mins before serving.

PER SERVING 268 kcals, protein 12g, carbs 12g, fat 19g, sat fat 9g, fibre 2g, sugar 3g, salt 2.19g

Sausage & cranberry stuffing

SERVES 8 PREP 15 mins COOK 50 mins Good for you

25g/1oz butter
2 slices white bread, whizzed to chunky breadcrumbs
200g/7oz sausagemeat
1 apple, peeled and grated
200g/7oz cranberries
50g/2oz pistachios
4 sage leaves, finely sliced
½ tsp mixed spice
bay leaves, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Cook the onion in the butter until soft but not browned. Add the breadcrumbs and stir so they soak up all the excess butter and fat. Let the mixture cool. Tip into a bowl with the sausagemeat, apple, cranberries, pistachios, sage and mixed spice. Mix well, then roll into balls. You can now cover and chill for up to a day before cooking.

2 To cook, place in a roasting tin and bake for 40 mins, turning a few times, or until browned all over. Add the bay leaves, if crisp, for the final ten minutes of cooking.

PER SERVING 176 kcals, protein 5g, carbs 11g, fat 13g, sat fat 4g, fibre 2g, sugar 5g, salt 0.59g

TIP

You can make this Sausage & cranberry stuffing in a baking dish. if you prefer. Simply add the meat to the onions and cook, breaking into small pieces, before continuing the recipe as before. Tip the mixture into a baking dish, top with bay leaves and bake for 40 mins until browned on top.

Wild rice, chestnut & squash stuffing

SERVES 8 PREP 15 mins COOK 50 mins

Good for you

1 onion, finely chopped bottom half of 1 butternut squash, peeled and cut into small cubes (use rest in our Squash & sage pithivier, p51) 200g pack cooked chestnuts, chopped 2 tbsp olive oil

4 sage leaves, chopped plus extra sage leaves, to serve 200g/7oz mixed wild and basmati rice

200g/7oz mixed wild and basmati rice 500ml/18fl oz vegetable or chicken stock 25g/1oz Parmesan (optional) or vegetarian alternative, grated

1 Heat oven to 200C/180C fan/gas 6. Tip the onion, squash and chestnuts into a roasting tin with the oil, chopped sage and seasoning, then toss well with your hands. Roast for 20 mins or until the edges of the squash start to tinge brown. If your oven is full, you can simply fry the lot together in a large frying pan. 2 Add the rice and stir to coat it, then tip the lot into a saucepan. Add the stock and stir well. Bring to a simmer and cook for 20-25 mins or until the rice is tender and the stock absorbed. Add cheese, if using, and tip into a baking dish. You can now cover and chill the stuffing for up to a day. To finish, heat grill to high, then cook until the top is browned and crisp and the stuffing is hot through. PER SERVING 191 kcals, protein 5g, carbs 35g,

PER SERVING 191 kcals, protein 5g, carbs 35g, fat 5g, sat fat 1g, fibre 3g, sugar 6g, salt 0.23g

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Delicious gravy

Gravy for the Christmas turkey

SERVES 8 ● PREP 5 mins ● COOK 20 mins Good for you

Gravy can be flavoured in many different ways, so this is a basic recipe that you can build on. White wine gives a paler gravy and lighter flavour as shown here, red will add colour and a stronger wine flavour. If you want richer gravy, you can add Port to the red wine and stir in some redcurrant jelly.

1 tbsp flour

200ml/7fl oz white wine or red wine 600ml/1pt chicken stock

Pour away any excess fat from the turkey roasting tin but keep the onion halves. Set the tin over a medium heat, then sprinkle over the flour. Stir with a wooden spoon and cook for 2 mins, turning the onion over in the mixture to extract the flavour. Slowly stir in the wine and stock, adding any juices from the resting turkey. Bring to the boil, scraping the bits from the bottom, then simmer over a low heat for 15 mins. Sieve and season before serving alongside your Christmas turkey.

PER SERVING 123 kcals, protein 6g, carbs 9g, fat 8g, sat fat 3g, fibre 1g, sugar none, salt 0.24g

Brings everything together on the plate

DECEMBER 2010

We've added more fruit to our *Finest** mince pies this Christmas.





Make-ahead sauces

Nothing beats homemade

Traditional bread sauce

SERVES 8 ● PREP 10 mins plus infusing time • COOK 10 mins Easy M ■ Good for you

1 onion studded with 6 cloves 300ml/½pt milk 75ml/2½fl oz double cream

6 black peppercorns

2 bay leaves

100g/4oz fresh white breadcrumbs 1 tbsp butter

freshly grated nutmeg, to season

1 Pop the onion in a pan with the milk, cream, peppercorns and bay leaves. Bring to a simmer, then turn off the heat and leave to infuse for 30 mins. Pour the milk through a sieve into a jug, then return it to a cleaned pan.

2 Stir in the breadcrumbs, bring back to the simmer and cook for a few mins (add a splash more milk if you like your sauce thinner). Stir in the butter, season with salt, white pepper and nutmeg, then pour into a warm serving jug or bowl. Or leave to cool and chill or freeze for up to 1 month until needed.

PER SERVING 124 kcals, protein 3g, carbs 12g, fat 8g, sat fat 4g, fibre none, sugar 2g, salt 0.31g

Cranberry & red wine sauce

SERVES 8 • PREP 5 mins • COOK 20 min

Easy V 🐯

400ml/14fl oz red wine 100g/4oz caster sugar

2 cloves

1 star anise

1 cinnamon stick

500g/1lb 2oz fresh or frozen cranberries

Put the wine, sugar, cloves, star anise and cinnamon stick into a large, shallow pan. Bring to a simmer and cook until the liquid has reduced by half. Add the cranberries and cook for 5 mins or until the cranberries burst and start to look jammy. Set aside to cool. Can be frozen or spoon into a jar and keep in the fridge for up to a week.

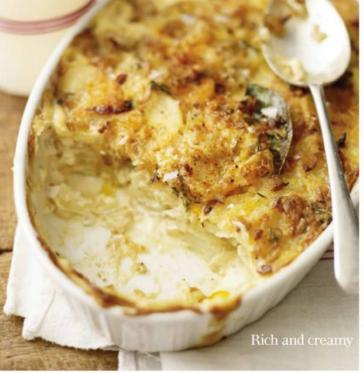
PER SERVING 77 kcals, protein none, carbs 15g, fat none, sat fat none, fibre 2g, sugar 15g, salt 0.01g



Our award-winning Finest* Premier Cru Champagne is matured in the bottle for at least 24 months.









Perfect potatoes

It wouldn't be Christmas without them, so make more of potatoes with these three very different recipes

Creamy potato & shallot gratin SERVES 8 PREP 25 mins COOK 1 hr

Easy V Z

Prepare the day before, then just bake in the oven on the big day to finish.

25g/1oz butter
400g/14oz shallots, thinly sliced
1 bay leaf
1 tsp thyme leaves
500ml/18fl oz double cream
grated nutmeg, to season
small pinch cayenne powder
1kg/2lb 4oz Desirée potatoes, peeled
and thinly sliced

1 Heat most of the butter in a shallow pan. Add the shallots, bay leaf and thyme, and cook for 10 mins until soft, golden and sticky. Pour in the cream and bring to the boil. Turn off the heat, season with nutmeg and cayenne and leave to infuse. 2 Meanwhile, heat oven to 200C/180C fan/ gas 6. Place the potatoes in a pan of cold water, bring to the boil, then drain. Butter a large gratin dish, then layer it up with potatoes and cream, finishing with a good ladle of cream and shallots. Use a fish slice to press everything down. You can now cover and chill it for up to a day before baking, if you like. Bake for 40 mins or until golden and the shallots are starting to crisp.

PER SERVING 438 kcals, protein 5g, carbs 24g, fat 37g, sat fat 21g, fibre 2g, sugar 4g, salt 0.11g

Chunky roast potatoes

SERVES 8 PREP 15 mins COOK 1 hr 15 mins Good for you Keeping the potatoes large in size makes it much easier to keep them crisp and warm.

16 medium-size Maris Piper potatoes, peeled and halved down the middle so they are still very large 140g/5oz lard or goose fat, or sunflower oil for vegetarians

1 garlic bulb, halved (optional)

1 Place the potatoes in a pan of cold, salted water and bring to the boil. Turn down the heat and simmer for exactly 5 mins. Tip into a colander, then leave to drain for a good 10 mins to ensure they are really dry, before gently tossing in the colander to rough them up slightly. 2 Heat oven to 200C/180C fan/gas 6. Heat the fat in a sturdy, roomy roasting tin on the hob until it starts to shimmer. Carefully lay the potatoes in a single layer in the fat and leave for 1 min to start to crisp. Turn them until completely coated in fat, then transfer the tin to the oven. Leave undisturbed for 40 mins to crisp up, then turn them again, adding the garlic if you like, before returning them to the oven for 20 mins or until completely crisp and golden.

PER SERVING 168 kcals, protein 2g, carbs 21g, fat 9g, sat fat 4g, fibre 2g, sugar 1g, salt 0.02g

Squashed baby potatoes with rosemary

SERVES 8 PREP 15 mins COOK 1 hr Superhealthy Good source of vitamin C, low fat

An altogether lighter alternative to the classic roastie.

 1.5kg/3lb 5oz unpeeled salad or new potatoes – you want about 40 3 tbsp olive oil lots of little rosemary sprigs

Boil the potatoes for 10 mins until tender, then drain. Heat oven to 200C/180C fan/gas 6. Drizzle half the oil over a flat, sturdy baking tray or baking dish. Using a potato masher, squash a sprig of rosemary into each potato on the tray so the masher leaves its mark and the potato splits around the edges. Drizzle the potatoes with the remaining oil, season with sea salt and roast for 50 mins or until golden around the edges. PER SERVING 169 kcals, protein 3g, carbs 30g, fat 5g, sat fat 1g, fibre 2g, sugar 2g, salt 0.05g

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Sticky carrots with thyme & honey

SERVES 8 PREP 5 mins COOK 30 mins

State of Superhealthy Good source
Of beta-carotene, counts as 1 of 5-a-day
Try Chantenay carrots for this recipe if you see them.

1kg/2lb 4oz Chantenay carrots, unpeeled, larger ones halved 25g/1oz butter few thyme sprigs 1 tbsp honey

Tip the carrots into a deep frying pan with the butter, thyme and honey. Cook for 5 mins until starting to brown. Pour in 250ml water, bring to the boil and cook until the water has evaporated and the carrots are tender. Turn down the heat and cook the carrots slowly, stirring, until glazed.

PER SERVING 73 kcals, protein 1g, carbs 11g, fat 3g, sat fat 2g, fibre 3g, sugar 11g, salt 0.12g

Seasonal sides

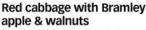
Choose your favourites and avoid any last-minute panic – most can be made ahead

Swede & parsnip bake

SERVES 8 generously PREP 15 mins COOK 1 hr SS V Superhealthy
Counts as 1 of 5-a-day, low fat

- 1 medium swede (about 600g), peeled and cut into chunks
- 500g/1lb 2oz parsnips, peeled and cut into chunks
- 25g/1oz butter, plus a little extra 4 tbsp golden syrup
- 200g/7oz fresh breadcrumbs
- 2 eggs, lightly beaten 1 tbsp olive oil
- 2 thyme sprigs, leaves stripped
- 1 Bring a large pan of water to the boil, and add the swede chunks. Boil for 3 mins, then add the parsnips and boil the lot for 12 mins more or until tender. Drain well, then tip both together into a pan or bowl and mash well with the butter. Stir in the golden syrup, three-quarters of the breadcrumbs and the eggs with plenty of seasoning. Transfer to a baking dish and smooth the surface. Toss the remaining breadcrumbs with the oil, seasoning and thyme leaves, then scatter over the mash. Dot with a few knobs of butter. The dish can now be covered and chilled for up to 48 hrs, or frozen for up to a month defrost completely before baking. 2 To serve, heat oven to 200C/180C fan/
- gas 6 and bake for 40 mins or until piping hot and the crumbs are crisp.

PER SERVING 227 kcals, protein 7g, carbs 37g, fat 7g, sat fat 2g, fibre 5g, sugar 14g, salt 0.67g



SERVES 8 • PREP 10 mins • COOK 20 mins Superhealthy Good source of vitamin C, counts as 1 of 5-a-day, low fat

- 1 red cabbage, finely sliced 25g/1oz butter
- 1 Bramley apple, peeled and grated
- 1 bay leaf
- 3 cloves
- 100ml/3½fl oz cider vinegar 25g/1oz light muscovado sugar handful walnuts, toasted and chopped

Put the cabbage in a wide shallow pan with the butter, apple, bay leaf and cloves. Cook, stirring, until the cabbage starts to wilt. Add the vinegar (stand back and don't breathe in until the steam subsides), then continue to stir and cook until the vinegar has almost all disappeared. Add the sugar and stir until it has completely dissolved – be careful not to let it burn. Sprinkle with walnuts to serve. This will freeze well but let it thaw completely before gently reheating in a pan or microwave.

PER SERVING 84 kcals, protein 2g, carbs 9g, fat 5g, sat fat 2g, fibre 3g, sugar 8g, salt 0.06g

Mashed parsnip & sprout colcannon

SERVES 8 generously PREP 15 mins COOK 20 mins SERVES 8

Superhealthy High in fibre, counts as 3 of 5-a-day, low fat

This is a delicious accompaniment to

This is a delicious accompaniment to Christmas dinner, but is also a great way to use up those leftover cooked sprouts.

- 1.5kg/3lb 5oz parsnips, peeled 500g/1lb 2oz Brussels sprouts, cooked 25g/1oz butter 200ml/7fl oz milk 1 bunch spring onions, sliced
- 1 Chop the parsnips into large chunks. Boil for 15 mins or until really soft, then use a slotted spoon to drain into a colander. Blanch the sprouts in the same pan.
 2 In a bowl, mash the parsnips with the butter and milk, then stir through the sprouts and spring onions. Serve with a knob more butter. Can be chilled for up to a day, or frozen. Simply defrost, then cover and reheat in a microwave, stirring often, until piping hot.

PER SERVING 147 kcals, protein 5g, carbs 21g, fat 5g, sat fat 2g, fibre 8g, sugar 11g, salt 0.22g

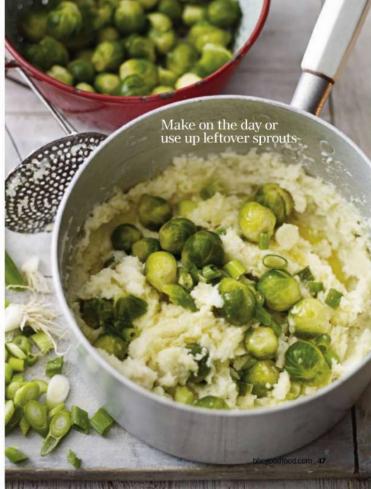


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Savoy cabbage with almonds

SERVES 8 • PREP 10 mins • COOK 15 mins

Superhealthy Good source
of folic acid and vitamin C, counts as
1 of 5-a-day

- 1 Savoy cabbage, finely sliced 25g/1oz butter
- 1 tbsp olive oil
- 1 garlic clove, sliced
- 1 rosemary sprig, leaves finely chopped
- 100g/4oz blanched almonds

Steam or microwave the cabbage until just cooked. Melt the butter with the oil in a large frying pan or wok, then add the garlic, rosemary and almonds. Cook, stirring the almonds for about 2 mins or until they start to brown. Tip onto a plate. Add the cabbage to the pan, stir in the leftover buttery juices, then return the almond mixture to the pan. Season well and tip into a serving dish.

PER SERVING 139 kcals, protein 5g, carbs 5g, fat 11g, sat fat 2g, fibre 4g, sugar 4g, salt 0.05g

Seasonal sides

Sprouts with chestnuts & crisp pancetta

SERVES 8 PREP 10 mins COOK 30 mins

Superhealthy Good source of vitamin C

500g/1lb 2oz Brussels sprouts, trimmed 140g/5oz diced pancetta 200g/7oz cooked chestnuts, broken into large pieces

1 tbsp light muscovado sugar 200ml/7fl oz vegetable stock

Boil the sprouts for 3 mins until starting to soften slightly, then drain. Fry the pancetta until crisp, then remove from the pan and set aside. Add the chestnuts and sugar, tossing in the pan, then add the stock and reduce by half. Add the sprouts and pancetta back to the pan and warm through to serve.

PER SERVING 134 kcals, protein 6g, carbs 14g, fat 6g, sat fat 2g, fibre 4g, sugar 6g, salt 0.97g

Carrot & star anise purée

SERVES 8 PREP 10 mins COOK 35 mins

50g/2oz butter

1kg/2lb 4oz carrots, peeled and sliced small handful tarragon leaves 4 star anise

400ml/14fl oz vegetable or chicken stock 200ml/7fl oz double cream juice 1 lemon

1 Melt the butter in a large, shallow pan. Add the carrots, tarragon and star anise. Slowly cook for 10 mins until the carrots are glazed and starting to soften. Pour in the stock and bring to the boil, then simmer everything for 20 mins until cooked and the stock has reduced. 2 Pour in the cream, bring back to the

boil and simmer for 1 min more. Remove from the heat, take out the star anise and stir through the lemon juice. Season to taste, then blitz with a hand blender until as smooth as possible. The purée can now be chilled or frozen, then gently reheated before serving.

PER SERVING 223 kcals, protein 3g, carbs 11g, fat 19g, sat fat 11g, fibre 3g, sugar 10g, salt 0.30g

Buttered peas & leeks

SERVES 8 PREP 10 mins COOK 30 mins

Superhealthy Counts as 1 of 5-a-day

4 leeks, very finely sliced 25g/1oz butter 2 tbsp olive oil 400ml/14fl oz vegetable or chicken stock 500g/1lb 2oz frozen peas 4 spring onions, finely sliced

Gently soften the leeks in butter and oil in your largest pan for 15-20 mins until almost meltingly soft. *You can soften the leeks up to a day ahead, then just reheat in the pan before continuing the recipe.*Stir in the stock, bring to a simmer and cook, stirring occasionally, for 5 mins. Stir in the peas and spring onions for 3-5 mins more until the peas are defrosted and cooked through, then season and serve.
PER SERVING 107 kcals, protein 5g, carbs 8g, fat 6g, sat fat 2g, fibre 5g, sugar 4g, salt 0.17g

Roasted root vegetables

SERVES 8 PREP 15 mins COOK 50 mins-1 hr STORY IV Superhealthy High in fibre, counts as 3 of 5-a-day, low fat

5 carrots, peeled and quartered 5 parsnips, peeled quartered

1 celeriac, peeled and cut into 2cm cubes

½ a swede, peeled, cut into 2cm cubes 2 tbsp olive oil 1 garlic bulb, halved

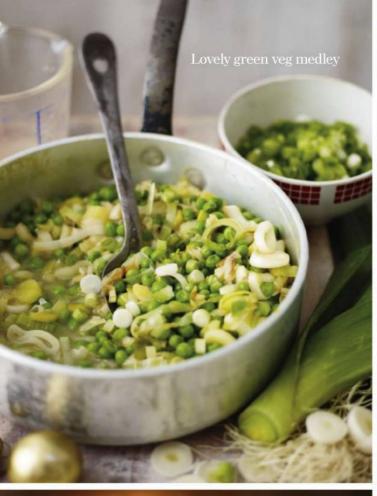
clear honey, to drizzle

Heat oven to 200C/180C fan/gas 6. Toss all the veg with the oil and garlic in a large roasting tin, then roast for 40 mins until starting to soften and turn golden.

Remove the tin from the oven, drizzle the veg with honey and return to the oven for 10-20 mins more until golden.

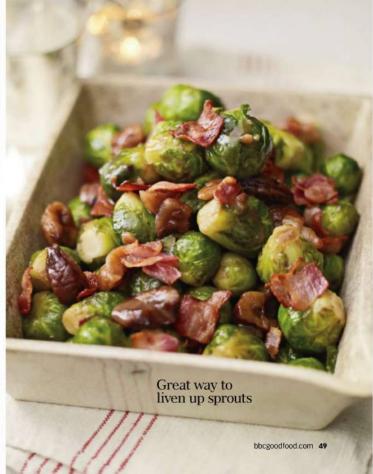
PER SERVING 133 kcals, protein 4g, carbs 21g, fat 4g, sat fat none, fibre 9g, sugar 14g, salt 0.27g











All our *Finest* crisps are now made from British potatoes.







Squash & sage pithivier SERVES 1 Easily multiplied PREP 20 mins COOK 30 mins

Easy V 🐇

1/4 a 500g pack puff pastry flour, for dusting

- 1 tsp wholegrain mustard
- 4 tbsp mascarpone
- 1 tbsp breadcrumbs, fresh or dried
- 6 sage leaves, chopped, plus few extra to decorate
- 1 garlic clove, finely grated to a paste ½ the top end of a butternut squash (about 250g), thinly sliced into rounds 1 egg, beaten
- 1 Heat oven to 200C/180C fan/gas 6. Roughly halve the pastry, but make one half a tiny bit bigger. Roll the slightly smaller half out on a floured surface to a circle about 15cm in diameter. Spread over the mustard, leaving about a 2cm gap around the edge. Mix the mascarpone, breadcrumbs, chopped sage and garlic together and season generously.
- 2 Arrange a few squash slices, overlapping, to cover the mustard. Spread with some of the mascarpone mixture. Repeat, making slightly smaller circles with the squash each time, and spreading mascarpone between each layer until the top is just one slice of squash and you have made a rough dome shape on the pastry.
- 3 Thinly roll out remaining pastry. Use to cover the squash dome, gently pressing down on the veg to push out as much air as you can. Press the pastry edges to seal. At this stage, you can cover and chill the pie overnight, or freeze for 1 month. Defrost before continuing. Brush with beaten egg, then poke a tiny steam hole in the top and gently score patterns over the surface. Dip a few sage leaves in the remaining egg and stick on top. Transfer to a baking sheet and bake for 35-40 mins until a skewer poked through the steam hole goes through the veg easily.

 PER SERVING 1,022 kcals, protein 21g, carbs 76g.

fat 72g, sat fat 37g, fibre 7g, sugar 16g, salt 2.1g

The vegetarian option

This main course is just for one, but the flavours go with all the Christmas Day sides and sauces – perfect if you've only got one vegetarian guest, and easy to make more if you need to







Granny Cook's Christmas pud

MAKES 1 large, 1 medium and 1 small pud PREP 10 mins COOK 4 hrs plus 2-4 hrs to serve No need to freeze This recipe comes from Deputy food editor Sarah Cook's late grandmother, Iris. 'We toast her every Christmas when we tuck into her light but delicious pudding,' says Sarah. 'I hope you will enjoy this, too.'

450g/1lb currants
225g/8oz sultanas
175g/6oz raisins
juice and zest 2 lemons
1 very large carrot, grated
350g/12oz light soft brown sugar
100g/4oz mixed peel
350g/12oz breadcrumbs
350g/12oz suet
350g/12oz self-raising flour
100g/4oz golden syrup
440ml can stout
3 eggs

1 Place everything but stout and eggs into your largest bowl and mix. Add stout and eggs, and stir everything together. Spoon into pudding basins - we used 1 x 2 litre. 1 x 1 litre and 1 x 500ml basins. Cover with pleated greaseproof paper and foil and secure with string (see bbcgoodfood. com for step-by-step instructions). 2 Lower the puds into saucepans with upturned saucers or scrunched-up bits of foil in the bottom (so the puds don't touch the bottom), then fill with water from the kettle until it comes halfway up the sides of the basins. Simmer the small pud for 11/2 hrs, medium for 21/2 hrs and large for 31/2 hrs (topping up with water as necessary). Cool, then store in a cool, dry cupboard for up to 1 year. 3 To serve, re-boil puds as above to heat

through, 1½ hrs for small, 2½ hrs for medium and 3½ hrs for large (top up as necessary). Turn onto a plate, decorate, and serve. PER SERVING (for 500ml pud) 307 kcals, protein 4g, carbs 52g, fat 11g, sat fat 5g, fibre 1g, sugar 35g, salt 0.40g

The classic ending

Christmas just wouldn't be the same without a stunning pudding. Try yours with a citrussy custard or a rich brandy butter

Cointreau custard

SERVES 8 PREP 5 mins COOK 15 mins

Want to make this for both adults and kids? Make the recipe as below, but before you add the booze divide the custard in half, then add half the suggested amount of Cointreau to the grown-ups' jug and the zest and juice of 1 clementine to the other.

600ml/1pt full-fat milk

- 4 tsp cornflour
- 400ml/14fl oz double cream
- 1 egg, plus 5 yolks
- 1 tsp vanilla extract
- 140g/5oz caster sugar
- 4 tbsp Cointreau

Splash a little milk into the cornflour until you have a smooth paste. Gradually stir in a little more milk until quite runny, then scrape into a large saucepan. Whisk in the remaining milk, cream, egg, yolks, vanilla and sugar. Put over a low-medium heat and, stirring or whisking constantly, bring just to the boil until thickened. Sieve into a jug and stir in the Cointreau. You can make this up to a day ahead – just

lay a sheet of cling film directly on the surface of the custard to stop a skin forming, and chill. To serve, gently reheat. PER SERVING 454 kcals, protein 6g, carbs 26g, fat 35g, sat fat 18g, fibre none, sugar 25g, salt 0.16g

Brandy & vanilla butter

SERVES 8 PREP 10 mins NO COOK

This will make a little more than you will need but you can also eat it with your mince pies or spread over toasted panettone.

200g/7oz salted butter, softened 175g/6oz icing sugar

1 tsp vanilla paste, or seeds scraped from 1 vanilla pod 5-7 tbsp brandy

Beat the butter, sugar and vanilla together until pale, then whisk in the brandy, one tbsp at a time, until you are pleased with the taste. Scrape into a serving bowl and chill for 1 hr or for up to 3 days, before serving. Freeze for up to a month.

PER SERVING 294 kcals, protein none, carbs 23g, fat 21g, sat fat 13g, fibre none, sugar 23g, salt 0.46g

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All our Farmhouse Cheddar is now handmade on just 3 farms in the West Country.



tesco.com/food





Food director Lulu getting it right



Grimes shares her expertise

Over the years, my team and I have cooked scores

of turkeys - in the Test Kitchen, on photo shoots and for our families. So here's all you need to know about buying and preparing your Christmas bird. Cooking poultry is not difficult, but remember that a recipe can never be 100% accurate for several reasons:

- · Ovens vary in size and heat source
- · Turkeys are chilled to different degrees when they go into the oven
- . The number of times you open the oven door will affect the constant temperature.

This year we've chosen to roast our turkey covered in a tent of foil to keep it as moist as possible (see p36), removing the foil at the end to brown and crisp the skin. However well cooked the turkey looks, it is only by testing the juices - skewering the thigh - that you will definitively know that it is cooked. If you've tied the legs together for a neater shape, then until them and test the inside of the thigh, in case the heat hasn't quite made it all the way through.

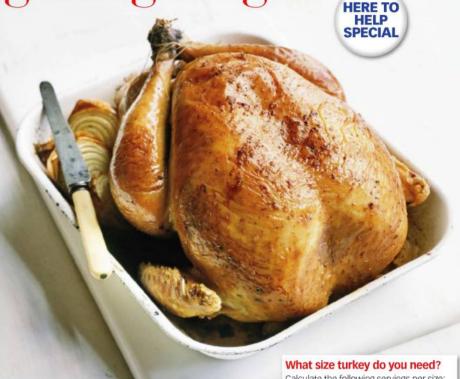
Turkeys don't have much fat on their breast, so this is the meat that will dry out fastest and the larger the bird the more likely this will happen. Baste it once or twice during cooking to keep it succulent, or brine your bird (see over the page) to help it along. Don't forget If you have a frozen turkey, allow 8-12 hours per kg to defrost in a fridge, or 3-4 hours per kg in a cold room.

Choosing the best for you

Turkey breeds vary in flavour so here's some guidance on the different types. Traditional white These birds are often bred

to have more breast meat, and to grow quickly. There are, however, good-quality white turkeys on the market if you prefer a milder flavour. Copas (copas.co.uk) produces white breeds to high welfare standards.

Bronze These are slow-growing breeds, with full flavour and firmer texture. Not all bronze turkeys are produced in the same way. KellyBronze turkeys (kelly-turkeys.com) are reared outdoors, hand plucked and hung for 14 days to develop their flavour. Norfolk black A slow-growing traditional turkey classed as a rare breed, and a little more expensive. Visit peelesblackturkeys. co.uk and norfolkblackturkey.co.uk



What to look for on the label

If you are concerned about the birds' welfare, buy an ethically produced turkey, which will have an 'assurance scheme' label (see below for a list). These are voluntary schemes, in which suppliers offer different levels of commitment to the welfare and production of birds. Not all quality turkey will have a stamp, as smaller producers may lack the money to join these schemes. If you buy from a farmers' market, ask about their production methods.

Check for words like organic, free-range, traditional and heritage on packaging. The first two will tick the welfare box; the last two mean that the breed has been allowed to mature more slowly.

Calculate the following servings per size:

4.5-5.5kg	serves 8-10
5.5-7kg	serves 10-12
7-9kg	serves 12-15

If you have a small oven or plan to buy an enormous turkey, it may also be worth checking the dimensions of your bird.

Generally a turkey up to 6.5kg will be no more than 37cm long and 20cm high. then for each kg more add another 1cm to each dimension up to 10kg.

Assurance schemes

Soil Association Found on organic food. It has the highest welfare standards of all the assurance schemes.



Freedom Food This scheme, monitored by the RSPCA, is dedicated to raising welfare standards. You'll find turkeys with this label in all supermarkets.

Golden Promise The mark of Traditional Farmfresh Turkeys. The label is recognised by the EU as a product worthy of a 'traditional speciality guarantee'.

Supermarkets All supermarkets carry good-quality, ethically produced turkeys. Bear in mind that a premium range is not the same as an assurance scheme.

Turn the page for your timeplan, carving guide and lots more advice

DECEMBER 2010



On the day From prep to cooking and carving, everything you need to know about turkey on the day

Timeplan for Christmas lunch

To have Christmas lunch on the table at 2pm, follow these timings the recipes start from p32.

All of our starter and side dishes have instructions for preparing ahead, so that you can concentrate on the turkey on the day.

To serve at a different time, you'll need to allow the same total amount of time as below, but start earlier or later. To help you plan, we've added brackets beside our timings so that you can fill in your own timings.

Remember, for a different sized turkey you'll need to adjust cooking timings (see box, far right).

• 7am (

Take your turkey out of the fridge.

• 8.30am (

Heat the oven. Prepare the turkey.

• 9am (

Put the turkey in the oven. While the bird is roasting, prepare any side dishes and sauces not already done.

12.30pm (

Increase the oven temperature, remove the foil from the turkey and put back in. If your oven is big enough, start the potatoes on a free shelf.

Remove the turkey and leave to rest. Add the potatoes to the oven if you haven't already, plus anything else that needs roasting. Finish other sides, sauces and gravy.

• 2pm (___ Lunch is served

For more advice

- Visit our website bbcgoodfood.com/ christmas
- The British Turkey helpline 0800 783 9994 is open 9am-5pm every weekday right up to Christmas Eve, or visit britishturkey.co.uk



Prep & cook

Cooking bronze and black turkeys

Bronze/black turkey producers recommend cooking your bird more quickly than a white one (see below). These birds have less fat and they won't improve with slow cooking.

Roast birds breast-side down for the bulk of the cooking time, as this allows the fat on the back of the bird to baste the rest of it. Turn the turkey over to brown the breast meat for final last 30-40 minutes of roasting.

Turkey timings

Timings for a white turkey with well-cooked white and brown meat in an oven heated to 180C/160C fan/gas 4:

- . 4.5kg and 6.5kg, allow 40 mins per kg
- over 6.5kg, allow 35 mins per kg For bronze and black turkeys, cook at 180C/160C fan/gas 4:
- . 30 mins per kg for a bird under 4kg, then 45 mins for each kg over that weight

Brining

This is very popular in America and helps keeps the white meat moist. Put 200g salt, 2 bay leaves, 1 tbsp coriander seeds and 7 tbsp brown sugar in 200ml water. Heat until the salt and sugar have dissolved. then mix with 4 litres cold water.

Put the turkey into a clean bucket in which it fits snugly, pour over the liquid and leave overnight. Drain and pat dry before roasting.

How to carve

All the experts will tell you to rest your turkey for at least 30 mins after cooking, so that the juices can settle. As well as being more tender, the meat will be easier to carve. Don't worry about it getting cold; just put your turkey onto a hot platter and cover tightly with foil.

Step-by-step guide



STEP 1 First, untie the legs. Steady the turkey with a large fork and cut through the skin between the thighs and the body. Then gently ease the thigh

outwards and press down to expose the hip joint. Cut through this to remove the whole leg from the body.

Cut the legs in half (separating the thighs from the drumsticks). Carve the leg meat by holding the knuckle end of each drumstick and carving downwards, following the line of the bone all the way round.



STEP 2 Next wiggle a wing bone around to find out where the joint is, then cut through as close to the breast as possible. Repeat on the other side.



STEP 3 For the breast. Hold the back of the carving fork against the side of the breast and, starting from the neck, slice on the diagonal.

Storing leftovers

Cool leftover turkey as rapidly as you can - the best way to do this is to take it off the bone. Keep the carcase to make stock or soup (break it up so it takes less room in a packed fridge), or freeze it for a later date. Cooked turkey meat will keep in the fridge for up to 3 days. Wrap in cling film, tin foil

or put into an

airtight plastic box.

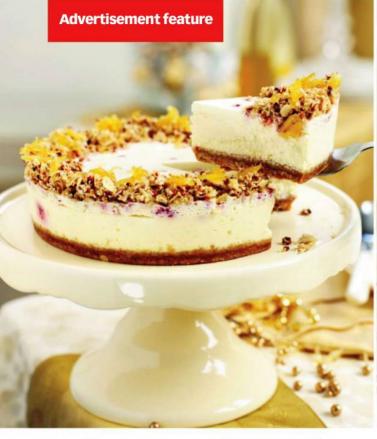
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Our wine collection now contains over 200 international award winners.











The perfect finish

You'll find sumptuous desserts and sweet treats to round off every Christmas occasion in the Tesco Finest* range

esserts and sweet treats are the ideal way to finish off all your festive celebrations and meals. What's more, Christmas is the perfect time to indulge in rich, chocolate

flavours, but why not get a few different desserts to keep everyone happy? Whether you treat guests to a sumptuous Millionaire's Dessert (above, right), a traditional Christmas pudding, a creamy cheesecake such as the Raspberry Cranachan Cheesecake (above, left), or a luxurious selection of Belgian chocolates, one thing's for sure, no one will want to leave!

On the side

Cream is a staple you should always have on your dessert table for guests to dip in and help themselves to. Fortunately, Tesco Finest* has a selection for you to choose from. The Jersey Extra Thick



Cream (right) is the only true Jersey cream you can buy, being sourced from pedigree Jersey cows farmed on the island. Or for those with a more decadent taste, you could plump for the Champagne Cream - thick and luxuriously rich, it's made with Finest* Champagne and Channel Island cream. And that's to name just one delicious alternative. Whichever cream you choose, it's sure to be the crowning glory of your dessert. ABOVE Finest* Jersey Extra Thick Cream, £2

A SWEET ENDING

Presentation is key when it comes to desserts. With the Marsala, Cherry and Panettone Dessert (above), your guests will be thrilled at the sight of the delicious layers of creamy, smooth Marsala mousse, panettone and cherry compote. The same goes for the Raspberry Cranachan Cheesecake (top, left) with its flaked almond and orange zest topping.

ABOVE Finest* Marsala, Cherry and Panettone Dessert, £7



ABOVE LEFT Finest* Raspberry Cranachan cheesecake, £8 ABOVE RIGHT Millionaire's Dessert, £7

Finest*











CLOCKWISE FROM
ABOVE LEFT
Finest* Winter
Wonderland
Cake, £15; Finest*
Marzipan Topped
Rich Fruit Cake,
£12; Finest*
Matured Christmas
Pudding with
Cherries & Brandy,
£4.50

The gift of chocolate

Who doesn't love chocolate at Christmas? Tesco Finest* has produced a luxurious box of Belgian milk, plain and white chocolates that's ideal for gifts and after-dinner treats.

ABOVE Finest* Belgian Chocolates, 200g, £4.99

Make Christmas perfect this year with Tesco Finest*

For tips and ideas on how to have the perfect Christmas, plus lots of recipes and cooking videos, visit the Real Food website **tesco.com/food**



Enjoy a Finest* Christmas



24–28 November 2010, NEC Birmingham

Celebrity chefs... MasterChef Experience... Producers' Village... Slow Food Pavilion...

All want for Christmas...

is at the BBC Good Food Show Winter

Tickets are selling fast, especially as our line-up of top celebrity chefs and food experts is the best ever, so book yours quickly or you'll miss out.

The BBC Good Food Show Winter is a fantastic festive day out, with food and drink tastings, top-class entertainment (and carol singing!), plus great shopping. You can stock up for Christmas on tempting produce that you won't find on the high street and watch TV's MasterChef winner, Dhruv Baker and Celebrity MasterChef runner-up Dick Strawbridge starring on the MasterChef Experience sponsored by Miele. Plus James Martin's Saturday Kitchen making its first appearance, you really can't afford to miss it.



You may not want a partridge in a pear tree but here's a dozen ways to make your Christmas different and special this year:

- Take notes from **Gordon Ramsay's**'Gordon Does Christmas' session in the **Supertheatre** sponsored by Sainsbury's
- Join in a Miele Cookalong; expert tuition for just £10
- 3 Come to the Christmas Tasting Theatre for free, entertaining, Christmas themed demos or join in tastings for £3
- Sainsbury's present their relaunched Taste the Difference range. Visit their stand to try some for yourself
- 5 Drop by the Marks & Spencer stand where they'll showcase this year's top Christmas treats
- 6 Discover a celebrity guest's Heaven and Hell with James Martin in Saturday Kitchen Live in the Supertheatre sponsored by Sainsbury's
- Watch celebrity chefs cook seasonal dishes live – and take on the Omelette Challenge in the Saturday Kitchen Theatre, hosted by Mark Sargeant
- Pick up some wine wisdom from Oz Clarke in a Drinks Masterclass - and stock up for the party season

- 9 Say 'cheers' to beers in the CAMRA tasting Masterclasses
- 10 Watch the Good Food Team cook up some festive treats like the **Black Forest Trifle** on p86
- Get the kids involved in the Junior Invention Test on the Masterchef Experience sponsored by Miele
- 12 Ditch tradition altogether and see one of Rick Stein's Malaysia Kitchen demonstrations for a truly original Christmas lunch

Family Sunday – children under 16 go free on Sunday!

Children under 5 free every day Children under 16 £11.50 on Saturday

Book today – quote **GFR4** visit **bbcgoodfoodshow.com** or call **0844 581 1360**

Reader Offer quote GFR4 to save £2 off advance tickets or £5 off VIP tickets. Not to be used in conjunction with any other offer, booking fee applies.

24–28 November 2010, NEC Birmingham

World Cheese Awards... Live entertainment... Speciality foods... BBC Radio Food & Farming Awards...

Christmas present list:

For Dad...

Old Pulteney Whiskey, oils and vinegars from The Gift of Oil

For Mun...

Signed copy of James Martin's latest book and Divine Chocolate Baking Hamper

For Brother ...

Grunpy Mule Coffee and new coffee bean grinder

For me (please!) Lovely Bubbly Champagne



We're hosting two fantastic dinners at Peel's Restaurant, Hampton in Arden - with your chance to meet your idols! Enjoy a St Germain cocktail reception followed by a delicious four course meal and book signing with James Martin on Thu 25 Nov and judges and finalists of Celebrity MasterChef

For full details visit www.peelsrestaurant.co.uk or call 01675 446080





Must-do list:

- * Give goose a try this year in the Christmas Tasting Theatre
- * Find unusual and tangu British cheeses at The World Cheese Awards for Christmas Eve drinks party
- * Pick up recipe for Hairy Bikers'
 Christmas Pudding Vodka after Supertheatre show. Perfect for cocktails!
- * Choose selection of party and fine wines to last until New Year
- ★ Get great recipe ideas for festive entertaining from Gary Rhodes







BBC Good Food Show Winter NEC Birmingham, 24 - 28 November, 9am - 6pm

Ticket Type	Good Food reader rates	Standard adult rates
General Admission	£18.50 Wed-Fri & Sun, £19.50 Sat	£20.50 Wed-Fri & Sun, £21.50 Sat
General Admission + Supertheatre	£21.50 Wed-Fri & Sun, £22.50 Sat	£23.50 Wed-Fri & Sun, £24.50 Sat
VIP package (includes entry)	£75 Wed-Fri & Sun, £80 Sat	£80 Wed-Fri & Sun, £85 Sat

Each ticket includes a Showguide Recipe Collection (value £10) collectable on the day.

Children aged 5 to 16 pay the adult reader rate Wed to Fri, just £11.50 Saturday and FREE on Family Sunday. Upgrade to Gold Supertheatre seats for an

SAVE £2 on standard tickets and £5 on VIP tickets by quoting GFR4 when you book!

Book today – quote **GFR4** visit bbcgoodfoodshow.com or call 0844 581 1360

Why compromise on shine?



Imitation brands can leave a residue, making surfaces look dull and streaky.
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WAITROSE

Heston from Waitrose Hidden orange Christmas pudding,

£13.99/1.2kg

A fabulous showstopper – you cut into the pudding to reveal a whole candied orange inside. We worried that this would be too citrussy, but in fact the orange was sticky and mellow while the surrounding pudding had a well-balanced flavour of spices and fruit. Lovely texture, too.



Duchy Originals Organic fresh chicken gravy £2.99/500g

A good gravy made with chicken bones, onions and herbs. A rich, roast chicken flavour and a hint of pepper.

It's not too salty either.

Ready-to-roast sweet chestnuts, £2.29/200g

Oven-ready, right down to the foil dish. Simply pop these in the oven for 20 minutes alongside your roast potatoes. The chestnuts retain their texture and sweet nutty flavour. Great timesayer.

Richly fruited snowflake cake by Fiona Cairns, £16.99/1.6kg

Beautifully decorated with glittering iced snowflakes and an even layer

of marzipan. The
golden cake was
packed with
fruit and nuts,
and the
added
ginger gave
a pleasant
touch of heat.



Duchy from Waitrose matured gammon with black pepper, £12.99 per kg

In this mellow cure, the pepper makes for tasty crackling; the meat is slightly dry but has lots of flavour. Easy to carve and delicious cold.



The Good Food team trawled the leading supermarkets, blind-tasting more than 100 items from all the festive ranges to bring you our top Christmas recommendations



Taste the Difference Matured mincemeat, £3.19/500g

Sharp and spicy, this has a homemade feel with visible pieces of fruit. The suet coated the fruit well. Not too sticky or sweet.



Taste the Difference Fruit & Nut topped Christmas pudding, £9.99/900g

Bursting with Cognac-laced fruit and nuts, this will go down well with those who like a traditional boozy pud. The topping turns this into an impressive centrepiece – suitable for vegetarians, too.

Sainsbury's Taste the Difference Belgian white chocolate & raspberry triple layer cake, £9.99/653g

A class-act cake: soft Madeira sponge layered with raspberry conserve and white chocolate buttercream. The white

chocolate collar makes it look extra special, and we really liked the size – not too big, it would serve 4-6 for a Boxing Day tea.

We also liked...

Dry-cured off-the-bone rolled gammon with crackling, £22/2.2kg

Robust smoky, juicy meat and a proper sweet-salty flavour, this tastes and looks like pork should do. Superb crackling.



MARKS & SPENCER

Terribly clever roast potato seasoning, 99p/50g

Coat your par-boiled potatoes in this peppery-seasoned semolina sprinkle. The result is extra-crisp roasties with a hint of smokiness. Also excellent for parsnips.



JOY Cheesecake, £7.99/830g (serves 6)

Not so keen on traditional cake? This striking cheesecake is a good alternative and can be frozen, too. The crisp, bitter-chocolate coating balances the sweet toffee and vanilla cheesecake centre.

We also liked...

Sirloin of venison with mushroom duxelle, £25/820g (serves 4)

This combines a loin of venison with a smooth mushroom pâté and a bacon lattice, which keeps the meat moist and tender. We wrapped ours in puff pastry to make a cheat's en-croûte for a decadent main course for two.

Pear & muscovado cured pork loin, £17.99/1.1kg

Enough for two, hot with generous leftovers, the ham has a subtly sweet cure from the muscovado and the meat remains succulent even when cold. The dried pear decoration looks attractive, but adds nothing to the flavour.

DECEMBER 2010

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The Bosch 3D hot air cooking system quickly and evenly distributes heat throughout the oven for same temperature cooking on 3 levels. This allows for sweet and savoury items to be cooked at the same time with no transfer of flavours. The Bosch range of multi-function cooking solutions is designed to give perfect cooking results every time. For your brochure call 0844 892 9023 or visit www.bosch-home.co.uk



35 BEST BUYS



THE CO-OPERATIVE

GoodFood

12 sausages wrapped in bacon, £2/256g (frozen)

These are a real winner for family and guests alike. Well-seasoned, British herby pork sausages and smoky, salty, streaky bacon.

Truly Irresistible mini

mince pies, £2 for nine

toppings in each pack:

Bite-size pies with a light, crumbly

pastry that firms up slightly when

warmed. You get a choice of three

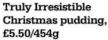
pecans, almond slivers and pastry stars. The mincemeat is lightly

spiced with a good hit of citrus.

Just the right size to serve at drinks parties, but at this price,

stock up for the family, too.

Suitable for vegetarians.



Boozy, sticky and dark – one taster said it was 'full of Dickensian flavours'. It's rich in Sherry, cider and fruits, including large chunks of cherry. A properly matured pud, but not for the faint-hearted.



Baking Camembert pot, £2/250g

Serve something a little different as a starter. Pop this in the oven for a yummy melting fondue. The cheese had a deep mushroom flavour and melted well. It comes in a terracotta pot so can go straight to the table. Suitable for vegetarians.



Cranberry Sauce Lings of some value of the strength of the str

ASDA

Extra Special Cranberry sauce, £1/240g

An appealing dark colour, nice grainy texture and great balance of sweet and tart flavours.



Extra Special Deep filled mince pies, £1.65 for six

Buttery, rich pastry with a lovely hint of salt. The mincemeat is fruity rather than overly sweet. These have a satisfyingly weighty feel. Suitable for vegetarians.



Extra Special Artisan bakery biscuits for cheese, £2.48/240g

Good selection of charcoal, poppy and sesame seed, malted wheat and pumpkin crackers. With something for everyone, this is a versatile collection and a bit different. Suitable for vegetarians.

Extra Special creamy blue Stilton, £9 per kg

vegetarians.

Asda's cheese range really impressed us and this buttery, crumbly Stilton has a strong mature flavour with plenty of flecks of acidic blue. Any leftovers would make a brilliant pie filling. Suitable for



We also liked...

Easy-carve turkey joint with festive fruit stuffing and smoked streaky bacon lattice, £20/2kg

Delicious moist meat, easy to carve and plenty of lightly spiced mulled fruit stuffing. Suitable for freezing.



TESCO

3-bird roast, £30/2kg

A very rich, easy-to-carve roast to serve at least eight, this is made with free-range turkey, chicken and welfare-assured duck. The meat stayed juicy and was complemented by a stuffing of vine fruits and rosemary.



Finest 6 British pork, chestnut, rosemary & honey stuffing portions, £2.79

Our tasters liked the 'light herb flavour' and 'fluffy, moist' texture. Sweet from the added chestnuts and honey, these would also make an excellent (and substantial) canapé.



Finest 6 deep filled mince pies, £2

The light buttery pastry has a lovely savouriness, which doesn't overpower the filling. The mincemeat isn't too sweet, has plenty of plump vine fruits and a mellow spiciness. Delicious warm. Suitable for vegetarians.



Finest Cheese selection, £10/740g

A collection of British and Continental cheese, including decent-size wedges of creamy Somerset brie, nutty Albacete manchego and a fabulous Parkham vintage cheddar. Good value for the quantity and quality.

DECEMBER 2010

35 BEST BUYS



The Pudding from Matthew Walker, £5.99/ 454g (serves 3-4); also available as individual 100g portions, £1.79

Richly fruited, with a well-balanced combination of fruit, alcohol and gentle spice. Dark and sticky in appearance, it's actually wonderfully light and moist, a traditional crowd-pleaser.



The Best Mincemeat with Port & orange liqueur, £1.59/411g

Intensely fruity with large vine fruits, whole glacé cherries and strips of zest, rounded off with a good hit of Port. The mincemeat retains flavour and texture when cooked. Great for homemade mincemeat strudel.

We also liked...

Aged rib of beef, £9.99 per kg

Melting, tender, easy-to-carve meat, this would make a fine alternative centrepiece. The juicy meat was terrific cold.

OCEANSEA.

SMOKED SALMON

200ge



not too dark and very fruity, with plenty of Sherry-soaked sultanas. The icing wasn't too sweet, and the layer of marzipan was generous. The cake, with its stylish monochrome decoration, cut well, too.



BOOTHS

Truefoods Golden chicken stock. £2.39/500ml

Tastes homemade, with chicken bones, carrots and tomato purée. Its clean, herby flavour makes an excellent turkey gravy and a good base for Boxing Day broth. Suitable for freezing.

We also liked...

Cumbrian ham with molasses, £15 per kg

The average ham weighs 6kg so this can seem expensive, but it will see you through the festive season. Part-boned, easy to carve, succulent and well cured. Food editor Barney Desmazery liked its 'proper porky flavour'. Suitable for freezing.

BEST OF THE REST

LIDL

......

OceanSea Norwegian smoked salmon, £2.59/200g

Good balance of fish and smoke flavours. with a dry texture and not-too-oily residue. This would be good served on its own or with blinis.



ALDI

The Pantry Goose fat,

£2.39/320g Simple no-nonsense iar of goose fat for roast potatoes. It gave a lovely flavour and colour to our veg, too.



ICELAND

Luxury Christmas cake, £7/1.2kg

This pretty cake is light yet very fruity, with plenty of juicy cherries and sultanas. The marzipan is sweet and nutty, and it has a good royal icing. We think this is fantastic value for such a great-quality



What we found...

- · Every one of the mince pies we tested tasted better when heated. This crisps the pastry and develops the flavour of the mincemeat. Be sure to check the sell-by date as some don't stay fresh for as long as you think, although most freeze well.
- · All the puddings we have recommended can be heated in the microwave, but we found that the flavour and texture were improved by traditional steaming.

To save time, you can give the pudding a quick blast in the microwave, but for the best result, after microwaving, re-cover the pud in aluminium foil and place in a saucepan with 5-7.5cm of simmering water for 30-40 minutes to heat through properly while you enjoy your main course.

· We were disappointed with the quality of the fresh brandy butters - either too much booze or icing sugar - or both. It's quick enough to make your own (see bbcgoodfood.com for a recipe). We use Lurpack unsalted butter. 250g, £1.38, widely available, as it creams well

FOR MORE INFORMATION 0844 406 8800, aldi.co.uk

Asda

0844 481 5000, asda.co.uk

Rooths

01772 693 800, boothssupermarkets.co.uk

The Co-operative

0800 0686 727, co-operative.coop

Iceland

01244 842842, iceland.co.uk

0870 444 1234, lidl,co.uk

Marks & Spencer

0845 609 0200, marksandspencer.com

Morrisons

0845 611 6111, morrisons.co.uk Sainsbury's

0800 636 262, sainsburys.co.uk Tesco

0845 7225533, tesco.com

Waitrose

0800 188 884, waitrose.com

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In next month's issue



Celebrate New Year

Festive French 🗙 Scandinavian style 🗙 Moroccan menu

Seasonal flavours Cook with cranberries * Bake cupcakes with the kids





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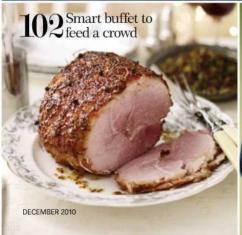


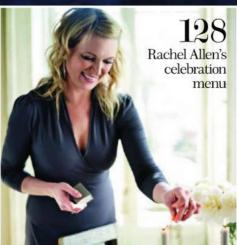


Entertain your way

47
recipes
for all your
festive
gatherings









A choice of centrepieces from eight of our favourite chefs – just the thing if you want to do Christmas Day differently this year or cook a special meal over the holidays Photographs MYLES NEW

Rick's fish stew



BBC chef **Rick Stein** creates a casual seafood main course

Fish couscous

SERVES 4 PREP 35 mins COOK 45 mins

FOR THE COUSCOUS STOCK

- 4 tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, chopped
- 3 large tomatoes, skinned and chopped
- 1/2 tsp tomato purée
- 600ml/12fl oz good fish stock FOR THE FISH
- 225g/8oz unskinned sustainably caught cod or hake fillet
- 225g/8oz unskinned sea bass or red mullet fillet
- 4 tbsp olive oil
- 4 garlic cloves, finely chopped 50g/2oz blanched almonds, toasted and chopped
- 350g/12oz plum tomatoes, skinned and chopped
- 1 thin red chilli, deseeded and finely chopped
- 125ml/5fl oz dry white wine
- 450g/1lb mussels or clams, cleaned, discarding any that won't shut when lightly tapped
- 12 cooked crevettes (Mediterranean prawns), in their shells
- 2 tbsp chopped flat-leaf parsley
- FOR THE COUSCOUS 350g/12oz couscous
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 4 tbsp olive oil
- 1 bay leaf
- 7.5cm piece cinnamon stick

1 For the couscous stock, heat the oil in a saucepan, add the onion and garlic and cook until soft but not brown. Stir in the chopped tomatoes and tomato purée, then simmer until the tomatoes have

broken down to a pulp. Pour in the fish stock, bring to the boil, then simmer for 20 mins. Strain through a sieve into a measuring jug. Reduce, if necessary, to 350ml.

- 2 Meanwhile, cut the cod fillet into slices 5cm wide and cut each sea bass fillet into 3. Lay them on a plate and sprinkle well on both sides with salt and pepper. Set aside for 10 mins to allow the salt to permeate the fish a little.
- 3 To make the couscous, pour the 350ml boiling fish stock over the couscous in a bowl, stir, cover, and leave for about 3 mins to allow the grains to absorb the stock and swell up. Meanwhile, gently fry the onion and garlic in the 4 tbsp olive oil with the bay leaf and cinnamon stick. Stir in the couscous and keep stirring over a low heat for about 4 mins until it is dry and fluffy. Season with ¾ tsp salt and some pepper. Keep warm.
- 4 Heat the 4 tbsp oil for the fish in a large, deep frying pan or saucepan. Add the garlic, almonds, tomatoes and chilli and simmer for 5 mins. Now stir in the wine and mussels and rest the pieces of cod on top. Cover the pan with a tight-fitting lid and simmer for 3 mins. Uncover (the cod should be almost cooked), add the sea bass pieces and crevettes. Cover the pan again and simmer for 3-4 mins until the sea bass is cooked.
- **5** To serve, pile the couscous into the centre of a shallow serving bowl. Lift the fish, mussels and crevettes out of the sauce and put them around the edge of the bowl. Add the parsley to the sauce and check the seasoning. Spoon over the fish. PER SERVING 799 kcals, protein 44g, carbs 57g, fat 44g, sat fat 6g, fibre 4g, sugar 10g, salt 2.25g



Rick will be appearing at the BBC Good Food Show Winter, 24-28 Nov at the NEC, Birmingham. For details visit, bbcgoodfoodshow. com or see p60

WINE I NOTES

Pick a cool, dry white that doesn't fight the vibrant flavours of the couscous. Italy produces a number of ideal styles and Pecorino 2009, 12.5% (£8.99, Marks & Spencer), is an ideal match with its subtle citrussy character and fine texture

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Nigella's pie



Nigella Lawson's pie is completely make-ahead and ideal for a crowd

Pizza rustica all'Inglese

CUTS INTO 8-10 good-size slices PREP 55 mins plus chilling and cooling . COOK 1 hr 10 mins Forthe co

FOR THE FILLING 200g lean pork, chopped

200g streaky bacon (about 150g de-rinded), chopped

125g mild or stronger cheddar, grated 100g Lancashire cheese, crumbled 250g cottage cheese, well drained in a sieve then processed until smooth in a food processor

- 2 big or 4 small spring onions, chopped 1 garlic clove, chopped
- 2 tbsp chopped parsley
- 2 eggs, lightly beaten
- 1 heaped tbsp dried breadcrumbs

FOR THE PASTRY

250g plain flour, preferably Italian '00' 125g cold unsalted butter, cut into 1cm cubes

- 2 egg yolks
- 2 tbsp iced water
- 1 heaped tsp salt
- 1 tbsp caster sugar
- FOR THE GLAZE
- 1 egg volk 2 tbsp milk
- pinch of salt

WINE

Take a cue from the pie's Italian origins and pick an Italian red, such as a young Valpolicella or Chianti. Sainsbury's House Chianti, 13% (£3.99), is a good-value party choice, chewy and lightly tarry.

Catch Nigella's Kitchen on BBC Two this month

- 1 Mince the pork and de-rinded bacon in a food processor. Render – that's to say melt down - the fat from the bacon rind in a pan (or just use oil) and fry the minced pork and bacon for about 5 mins, breaking it up as you do so. Transfer to a bowl and let it cool, then add all the other ingredients except the breadcrumbs. Season with black pepper.
- 2 For the pastry, put the flour and butter in a dish, and put this dish in the deep freeze for 10 mins. Stir together the yolks, water and salt in a cup, and put this in the fridge. Then, when time's up, tip the flour and butter into the bowl of the processor, add the sugar and pulse to combine: you want a soft, crumbly mass,

somewhere between sand and porridge oats. Bind with the egg yolks, water and salt, and when it looks like it's on the verge of coming together (you have to stop slightly short of this actually happening), tip the pastry out and wodge it together with your hands. Don't worry, though, if the pastry is a little too damp: I find one of the miracles of this prefreezing pastry technique is that it makes it more foolproof on every level. It always seems to roll out well.

- 3 Divide into 2 discs, cutting off just over a guarter for the lid and three-quarters for lining the tin. Put both into the fridge to rest, wrapped in cling film, for 15-20 mins. 4 Heat oven to 200C/180C fan/gas 6 and put in a baking sheet. Roll out the larger disc of pastry so it will line the bottom and go 4cm up the sides of a buttered 22cm springform tin. If it breaks when you lift it in, press the pastry into the base and 4cm up the sides with your fingers instead. Sprinkle the bottom of the now pastry-lined tin with breadcrumbs, and then fill with the filling. Roll out the smaller disc and trim or cut into a circle large enough to make the lid. Place it carefully, as it's quite fragile, on top of the filled pie. It should sit very slightly below the pastry lining the tin so you can then turn over the edges to form a border and press down with the tines of a fork.
- 5 Just before baking, glaze the pie by brushing over the milky, salty egg, stab it here and there with the prongs of a fork to make steam holes, and place it on the baking sheet in the pre-heated oven. Give it 10 mins at this temperature, then turn it down to 180C/160C fan/gas 4 and bake for a further 45-55 mins.
- 6 Leave the pie to cool for at least 10 mins before serving it, but it's at its best after about 25 mins. It's still wonderful at room temperature, though, and I long for leftovers too, eaten standing by the fridge's open door the next day.

PER SERVING (for 8) 507 kcals, protein 26g, carbs 26g, fat 34g, sat fat 18g, fibre 1g, sugar 4g, salt 2.51g

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John's golden goose

Let's truly celebrate Christmas and cook goose – underrated and under-used, but so tender. I like to buy a not-too-big goose from someone who knows their birds well. A great goose will have taken a long time to mature, so look after it, cook it slowly and remember to keep that fat – it makes the best roast potatoes



John Torode. BBC MasterChef judge, gives this traditional festive bird an Italian twist

Goose & mustard fruits with Marsala sauce

If the bacon covering the goose becomes too crisp, remove it and simply lay it back over the bird for the final 15 mins. SERVES 4 with leftovers PREP 20 mins plus overnight chilling and 15 mins resting . COOK 21/4 hrs Moderately easy 27

3.5kg goose 1 garlic bulb, halved 3 thyme sprigs 3 rosemary sprigs 2 onions, halved but unpeeled 8 rashers smoked streaky bacon mostarda di Cremona, to serve (a hot and sweet Italian fruit preserve spiced with mustard oil - find it in good delis)

FOR THE MARSALA SAUCE 2 shallots, chopped 12 juniper berries, crushed a little olive oil 100ml brandy 150ml Marsala 150ml Madeira 400ml your choice of poultry or meat stock

- - 4 Meanwhile, start the sauce. Sweat the shallots and juniper in a little oil until soft. Add all the alcohol and flame carefully (see box). Pour in the stock, bring to the boil and reduce to a sauce consistency. 5 When the goose is cooked, put it aside the roasting tin and set aside. Put the

1 You can do this first part on the day of

before: clean the goose inside and out,

trim off any excess fat and season inside

rosemary in the cavity with 125ml water.

2 Heat oven to 220C/200C fan/gas 7. Set the goose on a wire rack in a roasting tin

and pour 375ml water into the tin. Place

the unpeeled onion halves around the

bird and lay the bacon over the breast.

Cover the whole thing with foil, sealing

3 Take the goose from the oven and

180C fan/gas 6 and cook uncovered

remove the foil. Reduce oven to 200C/

cooking, but I prefer to do it the day

and out. Put the garlic, thyme and

Chill until 2 hrs before roasting.

it well, and roast for 1 hr.

for 1 hr more, basting twice.

- to rest for 15 mins. Drain the juices from roasting tin on the stove-top and lay the onions in it, cut-side down, for a few mins so they soak up the flavours.
- 6 When the tin juices have separated, skim off the fat (but keep it for roasting potatoes another time). Open the goose slightly and drain the liquid. Add this, the remaining tin juices and the Marsala sauce to the roasting tin and bring to the boil. When the sauce starts to thicken, strain it and season to taste.
- 7 Return the bird to the oven for 15 mins to crisp up, then serve with the onions, the Marsala sauce and the mostarda. PER SERVING 1,177 kcals, protein 93g, carbs 12g, fat 73g, sat fat 23g, fibre 1g, sugar 10g, salt 1.78g



John will be appearing at MasterChef Live 12-14 Nov and the **BBC Good Food** Show Winter at the NEC, Birmingham, 24-28 Nov. For details, visit bbcgoodfoodshow. com or see p60

KITCHEN **TECHNIQUE**

To flame, have a saucepan lid to hand and make sure your extractor fan is turned off. Light the alcohol and let the flames burn until they die down.

WINE NOTES

Bring on the Barolo with the Christmas winning Taste the Difference Barolo 2006, Piedmont, Italy, 10.5% (£14.99, Sainsbury's), with its smoky, truffley aromas, soft fruit and long, dry finish.

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Jason's sticky slow-cooked pork



This dish has a bit of an Asian kick and lends itself to sharing – I like to present it on a large platter. It's also ideal for entertaining because you can do most of it in advance and it is really simple to re-heat

Jason Atherton, BBC Great British Menu finalist and Saturday Kitchen regular, cooks a prepareahead dish with aromatic Asian flavours

Spiced Chinese pork with spring onions & bok choi

SERVES 6 PREP 15 mins plus 30 mins or overnight cooling COOK 4 hrs 10 mins

FOR THE PORK BRAISE 1.25kg/2lb 12oz pork belly 2 tbsp olive oil 1/2 small leek, finely chopped 1/2 small carrot, finely chopped 1 small onion, finely chopped 1 garlic bulb, halved 2 star anise 5 cloves 1 tbsp black peppercorns 3 cardamom pods small handful each bay leaves and parsley stalks, tied together 2 tbsp tomato purée 600ml/1pt white wine 2 tbsp honey 150ml/1/4pt soy sauce 400ml/14fl oz beef stock 400ml/14fl oz chicken stock 85g/3oz light muscovado sugar FOR THE VEGETABLES about 3-4 tbsp olive oil 2 bunches spring onions, ends trimmed 3 garlic cloves, sliced 280g/10oz baby bok choi, halved lengthways splash soy sauce handful coriander leaves garlic rice, to serve (recipe right) 1 Rinse the pork, then pat dry with

1 Rinse the pork, then pat dry with kitchen paper. Heat 1 tbsp oil a large, heavy-based pan. Add the pork and fry on each side for about 3 mins until browned, lifting the meat occasionally to make sure it isn't sticking. Transfer to a large, deep casserole dish and set aside.
2 Heat another 1 tbsp oil in the same dish, then add the leek, carrot, onion and garlic and fry until caramelised, about 5 mins. Stir in the spices, the herb bundle and tomato purée, and stir-fry until caramelised. Pour in the wine, bring to

a boil, then boil to reduce to a syrupy sauce, about 15-20 mins. 3 Heat oven to 180C/160C fan/gas 4. Stir

the honey and soy into the reduced sauce, and boil for 3 mins. Add both stocks, pour over the pork to cover, then braise in the oven for 21/2-3 hrs until very tender. Remove the dish from the oven and set aside for 30 mins to cool a little. Or cook a day ahead, leave to cool, then chill, which also makes it easier to slice. 4 When ready to serve, remove pork from liquid. Strain stock mixture into a large frying pan. Stir in the muscovado sugar, gently heat through until the sugar has dissolved. Bring to the boil and boil for 20-25 mins, or until reduced to a saucy-glaze consistency. Cut pork into thick slices. Set the meat and sauce aside. 5 For the vegetables, heat a griddle pan to high. Rub 1 tbsp oil all over the spring onions, lay them on the hot griddle, sprinkle with a little sea salt, then cook for about 3 mins on each side, or until tender and marked. Meanwhile, heat the remaining oil in a large deep frying pan or wok, add the garlic and briefly fry to soften. Stir-fry the bok choi for 3-4 mins. then splash in a little soy sauce. 6 To serve, heat the pork slices with a little of the sauce in a large deep frying pan until slightly caramelised, then add the rest of the sauce and heat through. Lay the pork slices on 1-2 serving platters, coat with a little of the sauce,

WINE NOTES

Red wine or white or rosé? This spicy Chinese pork favours all three. Follow the sommeliers' favourite tip and choose a red from Alsace: Pinot Noir 2008, Cave de Turckheim, 12.5%, (£8.99, Majestic). Light floral, with cherry and berry fruit; serve cool.

Garlic rice

Cook **300g long-grain rice**, season, then stir in **4 finely sliced, crisp-fried garlic cloves**.

then scatter the onions, bok choi and

more sauce. Serve with garlic rice (see

below) and remaining sauce separately.

fat 52g, sat fat 18g, fibre 1g, sugar 26g, salt 5.54g

coriander over the top with a drizzle

PER SERVING 786 kcals, protein 45g, carbs 28g,

PER SERVING 189 kcals, protein 3g, carbs 44g, fat 1g, sat fat none, fibre none, sugar none, salt 0.01g

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Yotam's lightly spiced poussin

I've combined some sweet and sharp flavours – the honey and lemon – alongside the perfumed aroma of orange blossom water and the warmth of cinnamon. This intriguing mix gives these little birds a majestic Middle Eastern touch



Yotam Ottolenghi, chef and restaurateur, cooks poussin with a Middle Eastern twist

Chef and food writer Yotam Ottolenghi runs four gourmet deli-cafés in London serving his trademark bold and inventive food, inspired by his Israeli childhood and his love of Mediterranean ingredients.

He has written two cookery books, The Ottolenghi Cookbook and Plenty (£25 each, Ebury Press)

Roasted poussins with bulghar stuffing and pistachio & orange blossom glaze

SERVES 4 PREP 30 mins plus several hrs or overnight marinating COOK 1 hr 35 mins SSV 2

5 medium onions 21/2 tbsp lemon juice about 150ml/1/4pt olive oil 3 tbsp clear honey 3 tsp ground cinnamon 4 poussins 85g/3oz dried sour cherries or cranberries 140g/5oz bulghar wheat 2 tbsp each chopped mint, dill and flat-leaf parsley 85g/3oz toasted pistachios, coarsely chopped 2 tbsp orange blossom water few bunches flat-leaf parsley, to serve

1 Finely chop 1 onion and put into a large mixing bowl. Stir in 11/2 tbsp each of the lemon juice and olive oil, 1 tbsp of the honey and 11/2 tsp each salt, pepper and cinnamon. Add the poussins and use your hands to rub them with the marinade ingredients for a good 5 mins. Cover the bowl in cling film, then chill for at least 3 hrs, preferably overnight. 2 Prepare the stuffing: thinly slice the remaining 4 onions and put them in a large frying pan with 90ml olive oil. Cook on a low-medium heat for about 25 mins, stirring occasionally until brown and soft. Pour in about 4 tbsp water, then add the cherries or cranberries and cook for 5 mins more. Heat oven to 190C/170C fan/gas 5.

- 3 While the onions are cooking, rinse the bulghar in a fine sieve under cold water, then transfer to a heatproof bowl and add just enough water to cover. Leave to soften for 15 mins. Drain in the sieve, pushing the bulghar down with the back of a spoon to get rid of any excess water. Transfer to a large bowl and stir in the cooked onions and cherries, the herbs and 1/2 tsp each salt, pepper and cinnamon. Allow to cool.
- 4 Use a spoon to fill the birds' cavities with the stuffing, pressing it down well. Sit them snugly in an ovenproof dish or small roasting tin, breast-side down, then smear the marinade all over. Pour over about 150ml water and roast for 35 mins, or until the birds are starting to colour but are not vet cooked through.
- 5 Meanwhile, mix the pistachios in a small bowl with 2 tbsp each of the olive oil and honey, the orange blossom water, ½ tsp each salt and pepper, and 1 tsp cinnamon. Turn the birds over so they face up, spoon the nut mix all over them and return to the oven for 25-30 mins more, or until the birds are cooked through and the pistachio glaze turns golden-brown. If browning too quickly, cover lightly with foil. To test if the birds are done, insert a small knife in the centre of a leg and check that it is piping hot when removed.
- 6 To serve, lay the poussins on a flat dish lined with plenty of flat-leaf parsley. Drizzle with the remaining lemon juice and serve with the cooking juices. PER SERVING 1,187 kcals, protein 55g, carbs 66g, fat 80g, sat fat 16g, fibre 3g, sugar 34g, salt 1.06g

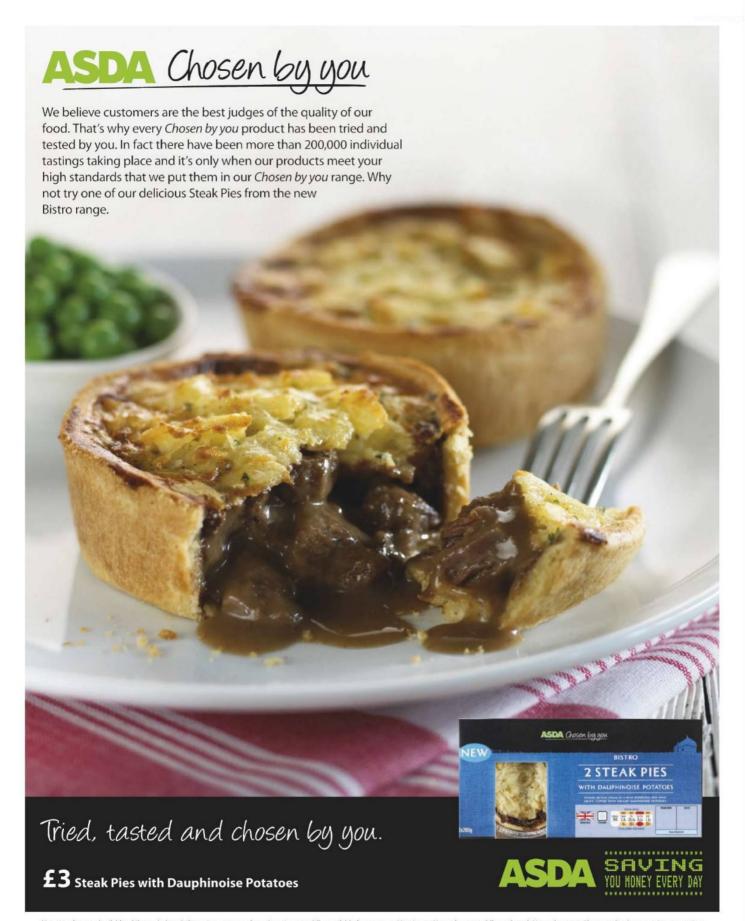
WINE NOTES

Rosé is not just a summer wine – it matches the Mediterranean glamour of the poussins beautifully. Splash out on a gracefully pale southern French rosé: Maguelonne 2009, 12.7% (£9.99, Oddbins), is organic and biodynamically grown, with a fine mineral purity.

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Modern alternative to turkey



Majority of stores. Available while stocks last. Online prices may vary from those in-store. Offer available from 8am on Monday 1st November 2010. Offer ends 30th November 2010. Photography shows serving suggestion. Bistro Steak Pies with Dauphinoise Potatoes 2 x 200g (£7.50 per kg).

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The Hairy Bikers' curry for a crowd



Add a touch of spice to your gathering with this get-ahead dish from the BBC's **Hairy Bikers**

PREPARE-AHEAD TIP

You can prepare this dish up to the point where the lamb is cooked, cover and chill for up to 24 hrs. Roughly 11/2 hrs before serving, bring the lamb to room temperature and finish the dish.

Si King and Dave Myers will be appearing at the **BBC Good Food** Show Winter at the NEC, Birmingham, on 26 Nov. For details, visit bbcgoodfoodshow. com or see p60

Extra-special lamb biryani

SERVES 6 generously (or 8-10 as part of a buffet) PREP 55 mins plus overnight infusing COOK 2 hrs Moderately easy

1 small (0.4g) sachet saffron or 1 heaped tsp 4 medium onions 4 garlic cloves thumb-size piece ginger, roughly chopped

1 plump fresh red chillies, deseeded and roughly chopped

50g flaked almonds

100ml full-fat milk

6 cloves

2 tsp cumin seeds

2 tsp coriander seeds

1/4 cinnamon stick, crumbled

10 cardamom pods

1/2 tsp finely grated nutmeg

1/2 tsp freshly ground black pepper, plus extra to season

about 9 tbsp sunflower oil

900g-1kg boneless lamb shoulder, fat trimmed, meat cut in bite-size pieces

200ml full-fat natural yogurt

2 bay leaves

50g sultanas

350g basmati rice

40g butter

3 eggs, hard-boiled for 10 mins, shelled 4-5 tbsp roughly chopped coriander,

plus extra to garnish

1 Pour the milk into a small pan, add the saffron threads and gently heat for 2-3 mins without boiling. Remove and chill in the fridge for 2-3 hrs or overnight. 2 Roughly chop 2 of the onions. Put them in a food processor with the garlic, ginger, 1 chilli and half the flaked almonds. Add 50ml cold water and blend to a paste. Put the cloves, cumin and coriander seeds in a pestle and mortar, or an electric spice grinder, with the cinnamon, seeds from the cardamom pods and 1 tsp salt. Pound or grind until as powdery as possible. Stir the nutmeg into the mixture, sprinkle with the 1/2 tsp black pepper and tip into the onion paste. Blitz quickly until all of the ingredients are combined. 3 Heat 2 tbsp of the oil in a large frying pan and season the lamb with salt and pepper. Fry the lamb in 2-3 batches until browned on all sides. Tip into a large, heavy-based saucepan as each batch is browned. Add more oil as needed.

We love cooking curries at Christmas as the fresh, spicy taste makes a change from all the rich festive food. Ideal for a crowd, or try it as part of a buffet

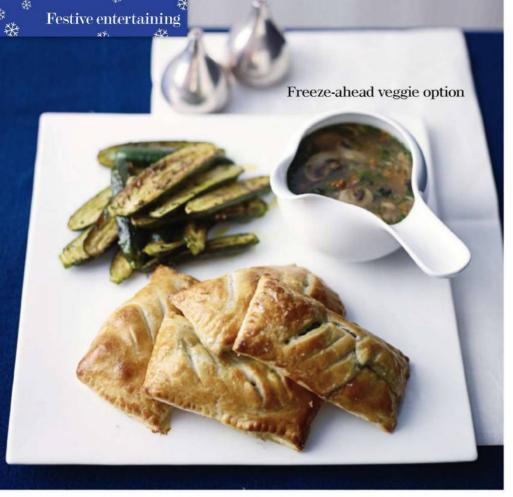


4 Pour another 3 tbsp oil into the same frying pan. Cook the onion paste until lightly browned, stirring often and adding a little water if it begins to stick. Tip into the pan with the lamb. Stir in the vogurt and bay leaves. Place the pan over a low heat and stir in 300ml water. Bring to a gentle simmer, cover the pan and cook over a low heat for 45-60 mins or until the lamb is tender, stirring occasionally. 5 Cut the remaining 2 onions in half and thinly slice. Heat 2 tbsp oil in a large, non-stick frying pan and cook the onions for 6-8 mins until softened and golden brown, stirring often. Drain on kitchen paper. Put the rest of the almonds in the pan and cook for 2-3 mins until lightly toasted. Turn often so they don't burn. Stir the sultanas into the almonds, tip into a heatproof bowl and leave to cool. 6 When the lamb is tender, remove the lid and increase the heat. Boil the sauce until reduced and thick, stirring often. This will take around 10 mins, depending on how long the lamb has been cooking. Add a little more seasoning if necessary.

7 Meanwhile, heat oven to 180C/160C fan/ gas 4. Half-fill a large pan with water, add 1 tsp salt and bring to the boil. Rinse the rice in a sieve under plenty of cold water. Stir the rice into the hot water and return to the boil. Cook for 5 mins, then drain well. Pile the meat and sauce into a large, fairly deep ovenproof dish. Spoon over the part-cooked rice and drizzle with the soaked saffron threads and milk. Dot with the butter, scatter with half the fried onions, then cover the dish with 2 layers of tightly fitting foil. Bake for 30 mins. 8 While the lamb and rice is in the oven, cut the eggs into quarters. Heat the reserved fried onions in a small frying pan over a low heat. Take the dish of lamb and rice out of the oven and remove the foil. Gently mix in the chopped coriander, then garnish with the eggs, hot onions, toasted almonds and sultanas. Add a few fresh coriander leaves and serve.

PER SERVING 875 kcals, protein 43g, carbs 64g, fat 52g, sat fat 18g, fibre 3g, sugar 14g, salt 1.39g

DECEMBER 2010



Lisa's veggie main

Some of the finest veg, like wild mushrooms, are available at this time of year. To make entertaining easier, I make and shape the individual pastry wraps, then cook them from frozen as needed



Lisa Allen, BBC Great British Menu finalist, cooks a

vegetarian main course everyone will enjoy

Good Food Vegetarian Christmas is now on sale, £3.50

Butter-puff celeriac wraps with wild mushroom sauce

SERVES 4 PREP 45 mins plus chilling

oderately easy 💟 📴 unbaked parcels only

250g/9oz bought or homemade puff pastry made with butter 1 egg yolk

140g/5oz celeriac, cut into 1cm squares

1 garlic clove, crushed, plus 2 whole plump garlic cloves

1 tbsp olive oil

FOR THE FILLING

2 thyme sprigs, leaves only 25g/1oz butter

85g/3oz spinach

1 tbsp white sauce mix, from a pack

5 tbsp double cream

1 tbsp milk

grated nutmeg

50g/2oz goat's cheese

2 tbsp chopped, toasted walnuts

2 tsp finely chopped tarragon FOR THE MUSHROOM SAUCE 25g/1oz butter, plus an extra knob

2 shallots, thinly sliced

4 button mushrooms, finely sliced 60g wild mushrooms (cleaned and washed, sliced if large)

2 tbsp white wine

400ml/14fl oz good vegetable stock 2 tsp cornflour mixed with a little water

2 tbsp snipped chives

FOR THE ROASTED COURGETTES

1 garlic clove, finely chopped

2 thyme and 2 rosemary sprigs, leaves removed and chopped

1 tbsp olive oil

8 baby courgettes, halved lengthways

1 Heat oven to 200C/180C fan/gas 6. For the filling, toss together the celeriac, crushed garlic, oil and thyme. Spoon into a roasting bag (or make your own with parchment paper as in 'en papillote').

Sit it on a baking sheet with the 2 garlic cloves (vou'll use these later in the sauce). Roast for 20-25 mins until the celeriac is just tender and the garlic is soft. Remove from the oven and leave to cool. 2 Melt the butter in a large pan, add the spinach, season with salt, then cook for 1 min or until just wilted. Transfer to a colander or sieve and press with the back of a spoon to release excess moisture. Pat dry with kitchen paper. Mix the white sauce mix, cream and milk in a small pan and heat, stirring, until thick. Season with salt, pepper and nutmeg. In a bowl, mix together celeriac, spinach and 2 tbsp of sauce (use the rest for something else). When cool, mix in cheese, walnuts and tarragon. Check seasoning, then set aside. 3 For the sauce, heat 25g butter in a large pan. Add the shallots and sweat for 2-3 mins until just cooked. Squeeze out the garlic from the roasted cloves, stir in with the button and wild mushrooms, then cook for 2-3 mins more. Pour in the white wine and let it almost evaporate. Add the vegetable stock, bring to the boil, then boil to reduce by half. Once reduced, check the seasoning, add the blended cornflour and whisk until thickened. Remove from the heat, stir in a knob of butter to enrich, then set aside. 4 Roll out the puff pastry to a 24cm square, then cut it into 4 x 12cm squares. Place a quarter of the filling down the middle of each square. Mix the egg yolk with 2 tsp water and a little salt and brush this over the sides. Fold over each pastry square, then pinch the 3 sides together forming a neat rectangle, being careful you don't get any air pockets. Trim off excess pastry to neaten the edges. Seal the sides together with the tines of a floured fork, trimming again if necessary to neaten. Make 4 diagonal slashes on top of each wrap, place them on a baking sheet lined with baking parchment, cover with cling film and chill for 30 mins. Or freeze - can be cooked

5 To serve, heat oven to 220C/200C fan/ gas 7. Brush each wrap with the rest of the egg wash and bake for 15-20 mins or until golden. Meanwhile, for the courgettes, mix the garlic, thyme and rosemary with some salt. Heat the oil in a large frying pan and add the courgettes, cut-side down. Fry without turning until golden underneath, about 4-5 mins, then turn, stir in the garlic and herb mixture and fry a few more mins until just tender, stirring occasionally. Reheat sauce, then remove from the heat and stir in the chives. Serve with the hot parcels and courgettes. PER SERVING 660 kcals, protein 12g, carbs 31g, fat 55g, sat fat 24g, fibre 5g, sugar 5g, salt 1.78g

from frozen for 20 mins.



The Atlantic Lobster.
Found in crevices
and seaweed.
Or swimming in white
wine and brandy.

We like Atlantic Lobsters. They're big and they're succulent. Plucked from the Bay of Fundy they're cooked with their equally tasty cousins, the scampi; seethed together in fresh double cream, lemon juice, a dash of brandy and a generous glug of French white wine. The finished soup is so smooth, rich and sophisticated you'd be forgiven for wanting to crack one open today.

Baxters. Because taste matters.



Jamie's roast beef

Beef and beetroot work so well together and this fore rib makes the perfect roast. Even if there are fewer than eight of you it's still worth cooking the whole joint and enjoying the leftovers



Jamie Oliver cooks a delicious roast beef recipe that's guaranteed to go down well

with a hungry crowd of ten

Roast fore rib of beef with beetroot and horseradish

SERVES 10-12 PREP 30 mins COOK 2 hrs 20 mins

2kg fresh, different coloured beetroots sea salt and freshly ground black pepper olive oil

- 1 x 5-6kg fore rib of beef, preferably free-range or organic, Frenchtrimmed, rolled and tied
- 2 cloves of garlic, unpeeled a small bunch of fresh thyme
- a small bunch of fresh thyme 3 tablespoons balsamic vinegar
- a small handful of freshly picked marjoram or parsley leaves
- marjoram or parsley leaves 300g crème fraîche juice of 2 lemons
- 4cm/1½in chunk of fresh horseradish, peeled and grated, or 3 tbsp from
- FOR THE MARINADE
- a small handful of freshly picked rosemary leaves
- 6 cloves of garlic, peeled
- 6 good-quality anchovy fillets in oil, drained

zest of 2 lemons



1 Preheat your oven to 200C/400F/gas 6. Wash and scrub the beetroots thoroughly to remove any dirt or grit, place in a pan of cold salted water and bring to the boil, then simmer for about 50 minutes. Meanwhile, put all the marinade ingredients and a few generous pinches of salt in a pestle and mortar, bash them up, add a couple of lugs of olive oil and rub all over your beef. Put the joint on a large roasting tray and into the preheated oven for an hour.

2 When your beetroot is almost cooked, drain and peel while still warm, then cut each one in half and toss all the pieces in a bowl with the garlic, thyme sprigs, balsamic vinegar and a few lugs of olive oil. After an hour is up, remove the beef from the oven and scatter the beetroot halves all around the meat in the tray. Place the tray back in the oven and cook for a further 30 minutes, by which time the beef should be medium and the beetroot perfectly roasted (feel free to

cook the meat to your liking, though). Allow the meat to rest for up to 20 minutes – you may need to keep the beetroot warm in a low oven.

3 Chop the marjoram or parsley leaves and mix with the crème fraîche and lemon juice. Spike well with the horseradish and season to taste. Carve the beef onto a large platter with the resting juices. Serve with the roast beetroots, flavoured crème fraîche and some lovely roast potatoes.

PER SERVING (10) 893 kcals, protein 90g, carbs 17g, fat 57g, sat fat 27g, fibre 4g, sugar 14g, salt 1.4g

WINE NOTES

I Roast beef deserves a good Cabernet, but the anchovies and horseradish risk drowning a fine claret.

A smart choice is the bold, juicy and dense Casillero del Diablo Reserva Privada 2007, Maipo Valley, 14%, a blend of Cab and Syrah with fine leathery and peppery notes (£9.99, Morrisons, Sainsbury's).



This recipe is from Cook with Jamie by Jamie Oliver (£16.99, Penguin). Food photography © David Loftus Portrait © Chris Terry www.jamieoliver.com

a jar







1 Put the gelatine sheets into a bowl of cold water to soften for a few mins. Put 100ml clementine juice into a small pan and gently heat. When the gelatine feels soft and the juice is just simmering, remove the juice from the heat and squeeze out any excess water from the gelatine sheets. Drop the sheets into the hot juice and swirl to melt. Make sure there are no visible lumps of gelatine before you move

Clementine & prosecco jellies

COOK 2 mins Superhealthy

Good source of vitamin C, low fat

600ml/1pt clementine juice (from

about 14 clementines)

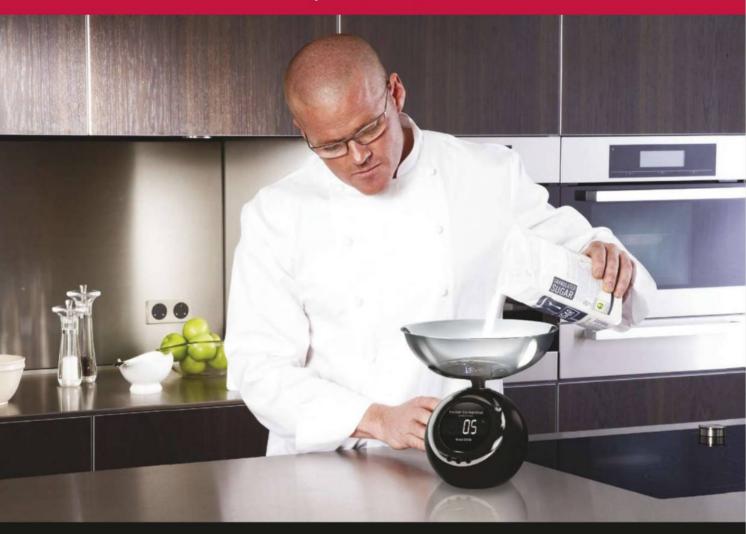
300ml/½pt prosecco

7 leaves gelatine

SERVES 6 • PREP 20 mins plus chilling •

1 sheet edible gold leaf (available from squires-shop.com) onto the next stage. fat none, sat fat none, fibre none, sugar 13g, salt 0.07g So glamorous and refreshingly light

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Salted caramel chocolate torte

SERVES 8 PREP 1 hr 15 mins plus cooling and chilling. COOK 10 mins Say 2

175g/6oz digestive biscuits 85g/3oz butter, melted 397g can caramel (we used Carnation

1 tsp sea salt, plus extra to serve 300g/11oz plain chocolate (70% solids), broken into chunks 600ml tub double cream

25g/1oz icing sugar

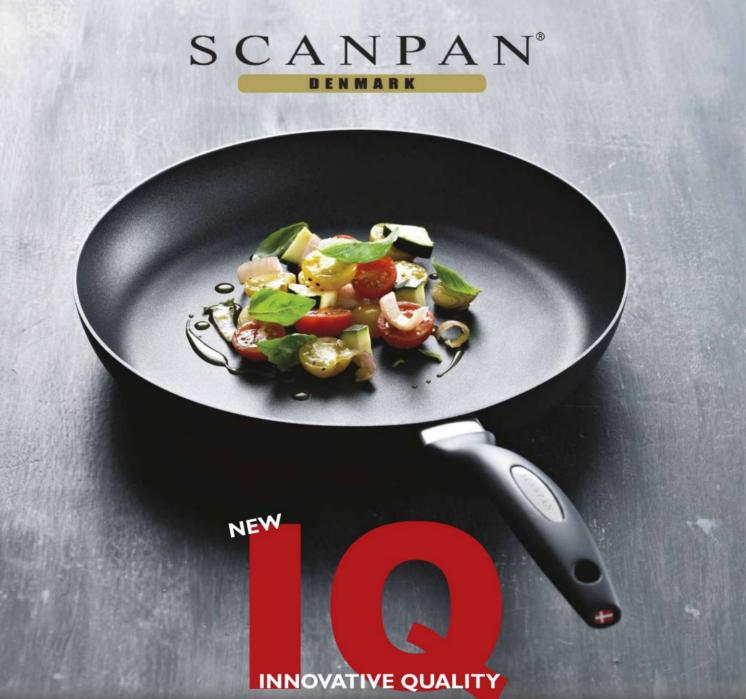
2 tsp vanilla extract

salted caramel chocolates, to decorate (find them in Waitrose, Sainsbury's or Marks & Spencer) single cream, to serve (optional)

1 Line the base of a deep, round 20cm loose-bottomed cake tin with a circle of baking parchment. Line the sides with one long strip that comes just above the sides of the tin - staple or paper clip where the strip overlaps to hold it in place. 2 Crush the biscuits in a plastic bag or bowl with the end of a rolling pin. Stir into the melted butter, then evenly press into the bottom of the tin. Chill for 10 mins. 3 Reserve 2 tbsp of the caramel. Stir the sea salt into the remainder and spoon into the centre of the biscuit base. Gently spread so the base is evenly covered but a visible 1-2cm border of biscuit remains around the edge. Chill for 20 mins while you make the chocolate layer.

4 Gently melt the chocolate in a large heatproof bowl over a pan of barely simmering water. Stir 1 tbsp of the cream into the reserved caramel, then cover and chill until ready to decorate. Once the chocolate has melted, turn off the heat but leave the bowl where it is, and gradually stir in the remaining cream until you have a smooth, shiny, thick chocolate sauce. Sift in the icing sugar and stir in with the vanilla extract. Lift off the heat and let the mixture cool for 10 mins. 5 Ladle or pour the chocolate mixture around the edge of the torte first, so it fills the biscuit border, sealing the caramel in the centre. Then ladle or pour in the rest and gently shake to smooth the surface. Chill for at least 5 hrs or up to 24 hours until firm.

6 Remove the torte from the tin, then carefully peel off the strip of paper and transfer to a serving plate. Dot the chocolates on top. Spoon the reserved caramel-cream mixture into a small food or freezer bag. Snip off the tiniest tip of the corner to make a very small opening, then squiggle lines of caramel over the top. Chill until ready to serve. Scatter with a pinch or two of sea salt before serving, then thinly slice. Eat with a drizzle of single cream, if you like. PER SERVING 925 kcals, protein 8g, carbs 74g, fat 69g, sat fat 39g, fibre 2g, sugar 61g, salt 1.27g



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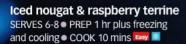
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400g/14oz frozen raspberries, defrosted 50g/2oz icing sugar 300g/11oz nougat (we used honey & almond bars from Waitrose) 450ml/16fl oz double cream 25g/1oz whole almonds, skin on 25g/10z pistachios, plus a few extra

to decorate

1 Whizz the raspberries and icing sugar together in a food processor, then sieve, pressing through as much raspberry as you can with a wooden spoon. Line a 2lb loaf tin with cling film – it helps if you brush the tin with oil first to get the cling film to stick and stay in place. Pour in the raspberry sauce and freeze for 1 hr.

2 Quickly dip the nougat bars in water—
this should allow you to peel away the rice paper; don't worry if you don't get it all as it will disappear when melted. Put the bars into a pan with 200ml cream. Melt over a low heat, stirring constantly and using a wooden spoon to break up the nougat into smaller bits as it softens. After a while you should end up with

a smooth, sticky, creamy mixture. Remove from the heat and set aside to cool a little. Whip the remaining cream in a large mixing bowl to stiff peaks. 3 When the nougat is cooler, but still soft and sauce-like, fold it one-third at a time into the whipped cream. Scatter over the whole nuts and fold once to mix. Scrape into the loaf tin, cover with cling film and freeze overnight, or for up to a month. 4 Transfer the loaf to the fridge 15 mins before you want to serve it. Unwrap and turn out onto a serving plate. Peel off the cling film, roughly chop a few extra pistachios and scatter over before slicing. PER SERVING (6) 670 kcals, protein 6g, carbs 53g, fat 50g, sat fat 24g, fibre 2g, sugar 53g, salt 0.21g



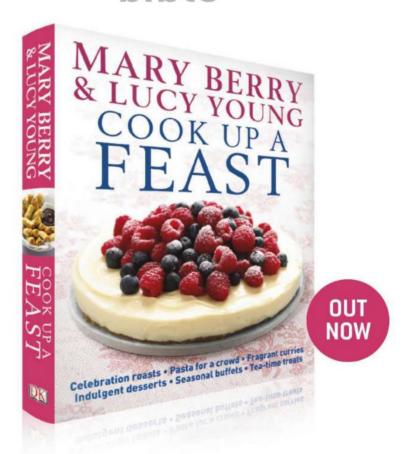




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Matt Tebbutt's Festive menu for 2

- ♦ Spiced home-cured salmon
- ♦ Honey-mustard glazed duck with Roasted Jerusalem artichokes and Mixed greens with sesame
- Sticky rum-poached pineapple with coconut ice cream

Just the two of us

Like most couples we know, my wife Lisa and I rarely find the time to sit down to a relaxed meal together. Kids, jobs and daily life all get in the way! Christmas is an exception, so I make sure I prepare something special, so we can chat over some great food and just enjoy each other's company. I hope you manage to do the same! MATT TEBBUTT, TV chef

GET AHEAD

- The salmon needs to be started 2 days in advance. Once it's cured, it will keep in the fridge for another 2-3 days, sliced or unsliced. The dressing can be whisked together several hours before serving.
- You can mix the glaze for the duck the day before, ready to use.
- The ice cream should be made at least a day in advance. The recipe makes more than you will need, but having extra homemade ice cream in the freezer over this indulgent period is never a bad thing!
- The pineapple can be poached and left to sit in the syrup for up to 2 days, then sliced just before serving. Again, there may be a little more pineapple than you need. The caramel sauce can be made the day before and reheated.

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Spiced home-cured salmon

SERVES 2 with leftovers PREP 30 mins plus 2 days curing No cook Make-ahead recipes are very welcome at this time of year. When you're preparing this, be aware that even boneless salmon may contain a few stray little pin bones. To help you remove them, stroke the rounded side of the fillet and if you feel any bones, pull them out with tweezers or small pliers.

FOR THE SALMON 400g/14oz whole piece of skinless, boneless salmon fillet 85g/3oz coarse sea salt 85g/3oz caster sugar 1 star anise, seeds removed and crushed 1 tbsp coriander seeds, crushed few fresh coriander stalks, chopped 1cm piece ginger, roughly chopped 1 tbsp dry Sherry FOR THE DRESSING 2 tbsp dark soy sauce 2 tbsp dry Sherry 1 garlic clove, crushed 1 small red chilli, deseeded and diced few drops sesame oil sprinkling caster sugar, to taste TO SERVE small handful each dill, coriander and mint leaves 1/2 mouli (Japanese radish), peeled and shaved into ribbons with a potato peeler

1 Put the salmon fillet into a small tray on a double layer of cling film. In a bowl, mix the salt and sugar with the spices, coriander stalks and ginger, then scatter the mix over both sides of the fish and pat it down. Drizzle over the Sherry and wrap the fish in the cling film. Place another tray on top, weight it down with a few tins, then chill for 2 days, flipping the fish over each day. 2 Mix all the dressing ingredients and stir until the sugar has dissolved. If the flavour is too strong, dilute it slightly with a drop of water, then set aside. 3 To serve, unwrap the salmon and wipe it clean, then briefly rinse it and pat dry with kitchen paper. Using a sharp knife, slice the fish quite thinly and arrange on plates with the mouli, then sprinkle with the herbs and drizzle over the dressing. PER SERVING 87 kcals, protein 12g, carbs 2g, fat 3g, sat fat 1g, fibre none, sugar 2g, salt 3.45g

Honey-mustard glazed duck

SERVES 2 PREP 10 mins COOK 2 hrs 20 mins plus resting

- 1 small duck, about 1.5kg/3lb 5oz 1 tsp sunflower oil 2 tsp five-spice powder 200g/7oz clear honey 2 tbsp dark soy sauce 2 tsp dry Sherry 2 tsp Dijon mustard
- 1 About an hour before cooking, take the duck out of the fridge to come to room temperature. Heat oven to 140C/ 120C fan/gas 1. Pull out and discard any large lumps of fat from inside the duck. then rub it all over with some salt, the oil and five-spice powder. Sit the duck in a roasting tin, then roast for 2 hrs. 2 For the glaze, mix the honey, soy, Sherry and mustard in a bowl. When the duck has had its time, remove it from the oven, pour off any fat from the tin and baste generously with the glaze. Turn the oven up to 190C/170C fan/gas 5 and roast the duck for a further 20 mins until sticky and bronzed. Remove the duck to a clean dish to catch any juices (use for the gravy - see tip, right) and allow it to rest for at least 20 mins before serving. PER SERVING 1,035 kcals, protein 42g, carbs 42g, fat 79g, sat fat 21g, fibre 1g, sugar 41g, salt 2.87g

Roasted Jerusalem artichokes

SERVES 2 PREP 10 mins COOK 50 mins SET V Superhealthy
Counts as 1 of 5-a-day, low in fat
Cut 6 or so large Jerusalem artichokes
(skins on, scrubbed) in half lengthways
and toss in some olive oil and a little
seasoning. Roast in a separate tin
alongside the duck for the final 20 mins
and while the duck rests (40-50 mins
total) until completely tender.
PER SERVING 189 kcals, protein 4g, carbs 33g,
fat 6g, sat fat 1g, fibre 3g, sugar 3g, salt 0.02g

Mixed greens with sesame

SERVES 2 PREP 5 mins = COOK 10 mins Superhealthy Counts as 2 of 5-a-day Heat 1 tsp sesame oil in a pan and fry 1 cavolo nero, leaves separated and stalks removed, plus a splash of water to wilt the leaves. Add 2 bok choi, separated into leaves, 1 tsp toasted sesame seeds and a pinch of salt, then add 1 garlic clove, finely chopped and 1cm piece ginger, finely chopped. Stir around the pan briefly and remove - the bok choi should still have plenty of crunch. Serve drizzled with sesame oil. PER SERVING 70 kcals, protein 4g, carbs 3g, fat 5g, sat fat 1g, fibre 3g, sugar 2g, salt 0.22g

TIP

To make a simple gravy, pour the juices from the roasting tin into a jug or bowl and leave to settle. Use a ladle to remove the fat from the juices, then tip the juices back into the saucepan and reheat to serve.

WINE NOTES

Chilean reds have just the right amount of sweet fruit to pair with the sweet spiciness of the duck. Pick the very reliable plum and blackcurrant Errazuriz Estate Merlot 2009, 13.5% (£7.99), or the berry-fruited organic Finest Pinot Noir 2009, 13.5% (£7.49), both Tesco. Both will benefit from being served slightly cool.

Matt Tebbutt,
who presents
Market Kitchen's
Big Adventure
on the Good Food
channel, has two
young children and
runs The Foxhunter,
near Abergavenny,
with his wife, Lisa.
 Turn to page 16
to find out how our
Reader taste team
rated these recipes.



Sticky rum-poached pineapple with coconut ice cream

SERVES 2 with leftovers PREP 30 mins plus freezing COOK 50 mins Moderately easy ice cream only

1 small pineapple, peeled, cored, quartered and cut into large chunks 100g/4oz caster sugar 1 vanilla pod 125ml/4fl oz dark rum FOR THE ICE CREAM 250g/9oz toasted desiccated coconut, plus extra for decorating 250ml/9fl oz milk 6 egg yolks 140g/5oz caster sugar 250ml/9fl oz double cream 250ml/9fl oz coconut milk FOR THE CARAMEL SAUCE 100g/4oz caster sugar 1 cinnamon stick 100g/4oz unsalted butter 3 tbsp double cream

a big slug of dark rum

1 For the ice cream, put the coconut into a pan with the milk and bring to the boil. Remove from the heat, leave for 30 mins, then strain. Whisk the yolks and sugar, reheat the milk and pour onto the yolks. Return to the pan and gently heat, stirring constantly, until thick enough to coat the back of a wooden spoon. Stir in the cream and remove from the heat. Strain, then stir in the coconut milk. Churn in an ice cream maker until semi-frozen, spoon into a plastic container, cover and freeze. 2 Heat oven to 160C/140C fan/gas 3. Put the pineapple into an ovenproof dish. Heat the sugar, vanilla and 150ml water in a pan, stir in the rum and tip over the pineapple. Cover and bake for 40-50 mins until soft. Cool in the syrup, then slice. 3 For the caramel sauce, swirl the sugar with the cinnamon in a heavy-based pan over medium heat until golden brown. Add the butter, cream and rum, bring to the boil and remove from the heat. 4 Serve the pineapple topped with ice cream, caramel and toasted coconut. PER SERVING 1,064 kcals, protein 9g, carbs 76g, fat 77g, sat fat 51g, fibre 6g, sugar 76g, salt 0.26g

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Impress friends and family with this stylish buffet. It's packed with festive flavours, but lighter and a little different from the standard fare. Easily doubled and with plenty you can prepare ahead, it'll make the day special whether you're gathering on Christmas Eve or Boxing Day MARIA ELIA, BBC Ready Steady Cook regular



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Ginger beer & tangerine glazed ham

SERVES 8 PREP 20 mins plus cooling COOK 4 hrs 10 mins

This warming ginger beer-spiced ham is great for entertaining as it's simple to prepare in advance. Save the gorgeous cooking liquor for your lentil dish (overleaf).

3kg/6lb 8oz mild-cure gammon

- 1 onion, halved
- 3 tangerines, zest removed with a vegetable peeler (reserve the juice for the lentils, p107)
- 4 star anise
- 2 litres/3½ pints ginger beer FOR THE GLAZE
- FUR THE GLAZ
- 3 tbsp honey
- 2 tbsp wholegrain mustard small handful cloves
- 1 Put the gammon, onion, tangerine zest and star anise in a large pan. Pour over all but 100ml of the ginger beer and, if necessary, top up with water so the gammon is just covered. Bring to the boil, skim the surface to remove any fat, reduce to a simmer, then cover and cook for 3-31/2 hrs or until the meat is tender. When the gammon is cooked, remove it from the pan. Reserve the cooking liquor for the lentils. Cool, cover and chill at this stage if you want to prepare ahead - bring back to room temp before continuing. 2 Heat oven to 220C/200C fan/gas 7. Carefully cut the skin off the gammon, making sure to leave a layer of fat, then lightly score the fat into diamond shapes. Place in a roasting tin lined with foil. Warm the honey, mustard and reserved 100ml ginger beer in a pan and boil until it thickens. Spoon over the fat, then stud a clove into the middle of each diamond. Bake for 20-25 mins or until the glaze has caramelised. If you did prepare ahead, add another 10 mins to the cooking time. Slice and eat warm or cold.

PER SERVING 451 kcals, protein 50g, carbs 4g, fat 27g, sat fat 10g, fibre none, sugar 4g, salt 6.49g

- Nowadays, many gammons are mild-cure and don't need soaking before cooking – ask your butcher. If necessary, soak the gammon overnight in cold water to remove excess salt; drain.
 The cooking time in this recipe
- The cooking time in this recipe is based on a 3kg joint. For other sizes, allow 30 mins per 500g, plus an extra 20 mins.



Roasted beets with watercress & horseradish apple sauce

SERVES 8 PREP 20 mins COOK 2 hrs
Superhealthy Good source of folic acid, counts as 2 of 5-a-day, low fat

1kg/2lb 4oz raw unpeeled beetroot 2 apples, peeled and chopped

- 1 tbsp sugar
- 2 tbsp cider or red wine vinegar
- 6 tbsp freshly grated horseradish
- 4 tbsp soured cream
- 2 bunches watercress
- 1 Heat oven to 200C/180C fan/gas 6. If your beetroot comes with leafy tops, cut them down, making sure you leave about 3cm stalk intact. Leave the beets whole, then carefully wash and pat dry. Wrap individually in foil and roast until tender when pierced about 1-2 hrs (depending on size). Cool in the foil before peeling. Can be done up to 2 days ahead.

2 To make the sauce, heat a small frying pan, then toss in the apples with the sugar and 1 tbsp water. Cover and cook until the apples are soft and mushy. Remove from the heat, add the vinegar and blitz to a purée using a hand blender or food processor. Stir in the horseradish and soured cream and season with salt.
3 To serve, cut the beetroot into wedges, place in a bowl and mix with the sauce. Serve on a bed of watercress.

PER SERVING 87 kcals, protein 3g, carbs 15g, fat 2g, sat fat 1g, fibre 4g, sugar 14g, salt 0.23g

MARIAS CHEAT

If you've already got some ready-made horseradish sauce to hand, use it to make a speedy horseradish apple sauce. Mix 8 tbsp ready-made apple sauce with 4 tbsp horseradish sauce, 1 tbsp cider vinegar and 2 tbsp soured cream. Season to taste.

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Chilli & tangerine braised lentils SERVES 8 PREP 10 mins COOK 35 mins Superhealthy Counts as 2 of 5-a-day, low fat

- 4 tbsp olive oil
- 1 carrot, finely chopped
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 2 red chillies, deseeded, finely chopped
- 2 garlic cloves, finely chopped
- 450g/1lb dried Puy lentils, rinsed
- 1.2 litres/2 pints hot ham cooking liquor (from ham recipe, p105), plus extra if needed
- zest and juice 3 tangerines, plus juice of 3 reserved from ham (p105)
- 2 tbsp crème fraîche
- 1 bunch flat-leaf parsley, chopped

1 Heat the olive oil in a large saucepan. Add the carrot, onion, celery, chillies and garlic, and cook for 5-10 mins until the veg begin to soften. Add the rinsed lentils. Pour on the hot cooking liquor and two-thirds of the tangerine juice, then bring to the boil. Reduce the heat and simmer for 20-25 mins or until the lentils are tender and most of the liquid has been absorbed. Add a bit more ham liquor if the lentils look a little dry. 2 Remove from the heat and stir in the tangerine zest and remaining juice. Season with salt and pepper and allow to cool a little before stirring through the crème fraîche and parsley. Serve warm or

at room temperature with the sliced ham.

PER SERVING 269 kcals, protein 15g, carbs 35g,

fat 9g, sat fat 2g, fibre 6g, sugar 7g, salt 1.49g

Roasted cauliflower with garlic, bay & lemon SERVES 8 PREP 10 mins COOK 20 mins

Easy ☑ Ø Superhealthy Good source of vitamin C, counts as 1 of 5-a-day

- 2 heads cauliflower, cut into even bite-size pieces
- 1 garlic bulb, split into cloves, unpeeled
- 6 bay leaves, stalks removed, finely chopped
- 4 tbsp olive oil zest and juice 1 lemon

Heat oven to 200C/180C fan/gas 6. Place the cauliflower, garlic and bay leaves in a large bowl, toss with the oil, zest and juice and season generously. Spread evenly onto a baking sheet (use 2 if you need to). Roast for 20 mins, turning halfway, until al dente and caramelised. PER SERVING 96 kcals, protein 5g, carbs 5g, fat 7g, sat fat 1g, fibre 2g, sugar 3g, salt 0.03g

MARIAS **TWIST**

If you don't fancy garlic, roast the cauliflower with a little chopped red chilli or a sprinkle of smoked paprika or cumin seeds.

Another idea is to serve it topped with shaved Parmesan.

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Christmas spiced friands

MAKES 10 PREP 15 mins COOK 25 mins

200g/7oz unsalted butter
6 egg whites
75g/2½oz plain flour
2 tsp ground cinnamon
pinch grated nutmeg
pinch ground ginger
200g/7oz icing sugar, plus extra
for dusting
140g/5oz ground almonds

1 Heat oven to 200C/180C fan/gas 6. Place the butter in a small saucepan and heat until foaming and browned. Remove from the heat and pour through a sieve, then leave to cool. Discard the white solids, leaving only the melted butter. Grease 10-holes of a friand or muffin

tin with a little of the butter. Whisk the egg whites in a large bowl until just frothy. Sift over the flour, spices and icing sugar. Scatter with ground almonds and pour in the cooled butter. Fold into the egg whites and mix until smooth and lump-free. You can chill the friand mix at this stage for 2 days before baking. 2 Fill each hole with some of the mix and place the tin or tins on a baking sheet. Bake for 18-20 mins until the friands have risen and are golden and springy to the touch. Remove from the oven and leave to cool for about 5 mins before transferring to a wire rack. Eat slightly warm or completely cool, but the friands are best eaten on the day of baking. Dust with icing sugar before serving with Chestnut fool (right). PER FRIAND 292 kcals, protein 5g, carbs 24g, fat 20g, sat fat 9g, fibre 1g, sugar 18g, salt 0.1g

Chestnut fool

SERVES 8 PREP 10 mins NO COOK

250ml/9fl oz double cream 6 tbsp sweetened chestnut purée 2 tbsp soft brown sugar 2 tbsp Grand Marnier or brandy pinch ground cinnamon 250ml/9fl oz Greek yogurt

Whisk the cream, chestnut purée, sugar, Grand Marnier and cinnamon together until it forms soft peaks. Fold through the yogurt and spoon into a serving dish. Chill until ready to serve with the friands. PER SERVING 231 kcals, protein 3g, carbs 9g, fat 20g, sat fat 11g, fibre none, sugar 7g, salt 0.12g



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Let it snow, let it snow, let it snow!







Gordon Ramsay's

Masterclass





Butter-roasted supreme of chicken with wild mushroom & potato gratin

SERVES 4 PREP 40 mins COOK 1 hr

A supreme of chicken is the breast and wing, so you can simply buy four chicken breasts for this recipe. It's probably better value, though, to buy two whole chickens and remove the breasts yourself (see my tips over the page). You'll be able to use the legs for another dish and the carcass for delicious fresh stock, just as we do in my restaurants.

FOR THE GRATIN

600g potatoes, preferably Maris Piper 350ml full-fat milk

350ml double cream

1 large garlic clove, smashed

1 bay leaf

thyme sprigs, plus a few extra thyme leaves for sprinkling

50g butter

300g mixed wild mushrooms, cleaned and roughly sliced if large

50g Comté or Gruyère cheese

FOR THE CHICKEN

200g softened butter

zest and juice 1 lemon

bunch flat-leaf parsley, leaves very

roughly chopped

large pinch paprika

4 large chicken breasts, preferably supremes with the wing bone still attached (see technique on p115)

1 large shallot, sliced

1 garlic bulb, roughly chopped

3 thyme sprigs

200ml fresh chicken stock

TO SERVE

1 tbsp olive oil

24 baby leeks, trimmed to the same size, boiled for 3 mins, then refreshed in iced water

PER SERVING (gratin only) 763 kcals, protein 13g, carbs 33g, fat 65g, sat fat 38g, fibre 3g, sugar 7g, salt 0.59g PER SERVING (chicken only) 580 kcals, protein 46g, carbs 2g, fat 43g, sat fat 27g, fibre 1g, sugar 1g, salt 1.01g

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1 To make the gratin, peel and slice the potatoes no thicker than a 50p piece using a mandolin, if you have one. Bring the milk, cream, garlic, herbs and some seasoning to the boil in a large saucepan, then turn down the heat and simmer for a few mins.

2 Slip the potatoes into the hot milk mixture and simmer for 10 mins until just cooked. Drain the potatoes in a colander over a bowl to catch the liquid – reserve the milk. While the potatoes are simmering, heat half the butter in a frying pan until foaming. Fry the mushrooms for 2 mins until just wilted, season with salt and pepper and set aside.

3 Rub 2 small gratin dishes (or 1 medium) with the remaining butter, sprinkle over the thyme leaves and grate over some of the cheese. Fill the dishes halfway with potato slices, moisten with a little milk and grate over more cheese. Fill up the dishes with potato slices, add enough milk to cover, then top with the mushrooms and the rest of the cheese.







4 For the chicken, mix about two-thirds of the butter with the lemon zest and half the juice, the parsley, paprika and some salt and pepper. Lift the skin slightly away from each breast, spread or pipe the flavoured butter under the skin, then stretch the skin back over. *Chill up to a day in advance, if you like*.

5 Heat oven to 220C/200C fan/gas 7. Heat the remaining butter in an ovenproof frying pan until foaming. Pan-fry the chicken, basting constantly with the butter until starting to brown.

Add the shallot, garlic, thyme and stock. Place the chicken, skin-side up in its pan, on the higher shelf of the oven, and the gratins on the lower shelf. Roast both for 25-30 mins, then remove the chicken and rest for 15 mins, while the gratins continue to cook.

6 To finish, remove the chicken from the pan. Place the pan back on the heat, squeeze over the remaining lemon juice and bring everything to a hard boil. Pass the sauce through a sieve, pressing down firmly on all the soft shallot and garlic.

Heat a drizzle of olive oil in another frying pan and reheat the leeks until they start to colour. With the gratins cooked, you are now ready to plate up (see right).

Find more Gordon Ramsay recipes on our website, bbcgoodfood.com

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Secrets from Gordon's kitchen

PREPARING SUPREME OF CHICKEN



1 Use a sharp knife to cut between the thigh and main body of the bird, and remove both legs.



2 Pull out wing joint, cut through skin and flesh around joint close to the breast. Then pull away the skin and flesh from the wing joint and cut through bone at wing joint.



3 Carefully cut down either side of the breastbone and remove the breasts, working as close to the carcass as possible. When you get to the wishbone, just cut through it.



4 Trim through the breasts to neaten and trim away the piece of attached wishbone.

PLATE UP LIKE A PROFESSIONAL



1 Line six leeks up in a row in the middle of each plate.



2 Carve the chicken on a slant into five thick slices.



3 Neatly fan out each chicken breast over the leeks.



4 Spoon the sauce over the chicken and around the leeks, and serve with the potato gratin.

MY TIPS FOR SUCCESS

Buying and preparing chicken As chicken is such an 'everyday' ingredient, using the best quality bird you can find will make all the difference to this recipe, as well as being a key factor to making this dish taste like it would in one of my restaurants.

I use French Label Anglais

chicken, which is considered to be the finest in the world, but you can buy very high quality British chicken from a butcher, farmers' market or supermarket.

Supreme is a menu term for the breast of a bird with the skin on and the wing bone still attached. If you don't want to joint your own chicken, you could ask a friendly butcher if they will cut them for you. Alternatively, just substitute large boneless chicken breasts.

Making ahead As this is a restaurant dish, it's designed to be prepared in advance, then brought together shortly before serving. Both the flavoured butter can be made and the chicken breasts stuffed and chilled a day ahead. The potato gratin can also be assembled and chilled the day before, ready to be roasted. The leeks can be boiled and refreshed in iced water a day ahead, ready to be reheated.

This month's dish was chosen by our fans on Good Food's Facebook page. It's easy to join our Facebook group and keep up with all the news from the Test Kitchen, leave comments and connect with other Good Food readers – simply visit facebook.com and search for BBC Good Food



You can catch Gordon 26 and 27 November at the BBC Good Food Show Winter at the NEC, Birmingham. For details and to buy tickets, call 0844 581 1345 or visit bbcgoodfoodshow.com



LMOress Exclusive MasterChef menu Push the boat out with this show-off menu created by the three finalists from BBC MasterChef 2010

Smart dinner for 6

- ♦ Alex Rushmer's Walnut & Stilton orzotto with roasted squash & Port sauce
- Dhruv Baker's Spice-crusted salmon with sautéed potatoes & spinach
- ♦ Tim Kinnaird's Sloe gin & fruit sponge puddings with custard

Since winning MasterChef. Dhruv has been gaining experience in a variety of professional kitchens and hopes to open his own restaurant. Alex is opening a restaurant in Cambridge, while Tim has launched his own cake company.

The three - all great friends - will be appearing at MasterChef Live in Olympia, London, 12-14 November. You can also catch them at the BBC Good Food Show Winter at the NEC, Birmingham, 24-28 November. For tickets, see p142 or visit bbcgoodfood show.com

Walnut & Stilton orzotto with roasted squash & Port sauce

SERVES 6 PREP 40 mins plus overnight soaking @ COOK 2 hrs

FOR THE ORZOTTO 100g/4oz walnut halves 500ml/18fl oz vegetable stock 1 tsp sunflower oil 25g/1oz unsalted butter, plus a knob extra 11/2 banana shallots, finely chopped 1 garlic clove, finely chopped 100g/4oz pearl barley 125ml/4fl oz Champagne 85g/3oz Stilton or vegetarian alternative, cubed, plus extra to serve FOR THE PORT SAUCE 1/2 banana shallot, finely chopped

1 tbsp sunflower oil

4 juniper berries, lightly crushed 5cm cinnamon stick, broken in half

2 star anise

5 cloves

1 black or green cardamom pod pinch grated nutmeg 200ml/7fl oz vegetable stock 300ml/1/2pt tawny Port 1 tbsp redcurrant jelly 25g/1oz unsalted butter FOR THE SQUASH 25g/1oz butter

1 small butternut squash, peeled, deseeded and cut into 1cm dice 25g/1oz walnut halves pinch ground cinnamon 1 tsp light muscovado sugar small watercress leaves, to serve

1 Soak the 100g walnuts in water overnight. Strain through a sieve, put in a pan and cover with 300ml water. Bring to the boil, then simmer for 15 mins. Strain again, return to the pan with the stock and bring to the boil. Pour into a blender, blend on medium for 5 mins, then strain back into the pan. Set aside until step 4. 2 Make the sauce: soften the shallot in the oil over a gentle heat for 10 mins. Stir in the spices and stock, increase the heat and reduce by three-quarters. Pour in the Port and gently simmer for 20 mins. Strain into a clean pan and reduce over a high heat until thickened. about 10 mins. Set aside. Heat oven to 200C/180C fan/gas 6.

3 For the squash, heat the butter in an ovenproof pan. Fry the squash for 3-4 mins, then stir in the walnuts with the cinnamon, sugar and a pinch of salt. Roast for 15-20 mins or until tender. Keep warm. 4 Meanwhile, make the orzotto, Warm the walnut stock. Heat the oil and 25g

butter in a large, deep pan, add the shallots and soften for 10 mins, but don't

colour. Stir in the garlic and cook 3-4 mins more. Remove from the pan, set aside, then wipe the pan clean. Increase the heat, tip in the barley and toast for 2-3 mins, keeping it moving so it doesn't burn. Quickly stir the shallots and garlic back into the pan with the barley, then pour in the Champagne. Stir well and add a ladleful of warm walnut stock. Lower the heat a little and keep adding stock when the orzotto looks 'thirsty', stirring occasionally to prevent it from sticking to the pan. (You'll need about 500ml stock in total. Make up the amount with vegetable stock if necessary.) Cook until the barley is tender - 35-40 mins (you have a lot more grace with this than with rice, as it retains its bite for longer). 5 When cooked, add another half ladle of stock (to stop the orzotto from thickening as it cools), then stir in the Stilton and a knob of butter. Stir and season, remembering Stilton can be very salty. 6 To serve, reheat the sauce, adding a little more Port if it is too thick, then stir in the redcurrant jelly until dissolved and finish with the butter. Spoon some sauce over each plate and top with a few spoonfuls of orzotto. Garnish with the roasted squash and walnut halves, a few small pieces of Stilton and leaves. PER SERVING 511 kcals, protein 10g, carbs 33g,

fat 34g, sat fat 12g, fibre 3g, sugar 15g, salt 0.64g

WANT TO GET AHEAD?

- The Port sauce can made a few days ahead up to step 2 and chilled. The orzotto can be made in the morning and reheated with a splash more stock to serve, as can the roasted squash.
- The fish can be rolled in the spices a few hours before cooking.
- . The puddings can be made up to 2 days in advance, then reheated before serving.

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Spice-crusted salmon with sautéed potatoes & spinach

SERVES 6 PREP 30 mins COOK 1 hr

FOR THE SALMON

1 tsp fennel seeds

1 tsp coriander seeds

1 tsp yellow mustard seeds

6 salmon fillets, skin on (about 140-175g/5-6oz each)

3-4 tbsp vegetable oil

FOR THE SAFFRON BEURRE BLANC

3 shallots, finely chopped

100ml/3½fl oz white wine vinegar

150ml/¼pt fish stock

1 pinch saffron (no more than

4-5 strands per person)

100g/4oz, plus 1 tbsp salted butter,

until needed
FOR THE POTATOES
750g/1lb 10oz potatoes (I like Maris
Piper), cut into 2cm cubes
2-3 tbsp vegetable oil
1 tsp turmeric
1/4 tsp chilli powder (optional)
FOR THE SPINACH

400g/14oz spinach leaves

1 tbsp butter

cut into 2.5cm cubes and chilled

1 Start by toasting the fennel, coriander and mustard seeds in a dry frying pan on a low heat, about 8-10 mins. Once you start to smell the rich aromas of the spices, you know they have cooked through. If they start to smoke, the spices will taste bitter and it would be better to start again. Once toasted, roughly crush using a pestle and mortar, or wrap the spices in a tea towel and crush with the base of a small saucepan. Stir in a pinch of black pepper.

2 Scrape the skin sides of the salmon with a knife to get rid of any remaining scales, and scrape off as much of the film of moisture you sometimes get (this helps to get the skin crisp). Slash the skin 3 times, about 3cm in length, to stop it shrinking during cooking.

3 Tip the spice mix onto a plate, lay the fish on it, skin-side up, so that the spices cover the underside of the fish. You can do this a few hrs ahead to help infuse the fish with the spices. You can also start the sauce ahead – put the finely chopped shallots in a pan with the vinegar, fish stock and saffron. Bring to the boil, then reduce by two-thirds. Set aside.

4 Put the potatoes in a pan and cover with salted water. Bring to the boil and boil for 1-2 mins only, then drain. Heat the oil in a large frying pan, then add the turmeric and chilli powder, if using. Toss the potatoes in the spiced oil, then cook

for 5 mins without stirring. Shake the pan and cook for 5-10 mins more, or until the potatoes are cooked through. Season and keep warm.

5 When ready to cook the salmon, rub the skin sides with some oil, then fry in a pan (skin-sides down) on a medium heat with a little bit more oil, pressing down lightly on the fish for a few secs when it first goes in the pan. Don't touch the fish or move the pan for about 5-6 mins this ensures you get beautiful crisp skin. When the edges start to look golden, turn the fish over and cook for 1 more min. 6 While the fish is cooking, cook the spinach in a large pan of boiling water for 2 mins. Drain, then squeeze out the excess water. Return to the pan and stir in the butter. This will form a simple emulsion, which will prevent water running out over the plate. Season. 7 To finish the sauce, warm the pan of reduced mixture until hot. Take off the heat, then whisk in all the butter, reserving 2-3 cubes. Once the butter is amalgamated, stir in remaining cubes. Season with pepper and use immediately. 8 Place a spoonful of spinach in the middle of each plate, then lay the salmon on top. Scatter some potatoes and pour some sauce around the fish. Sprinkle a few sea salt flakes over the fish and serve. PER SERVING 588 kcals, protein 30g, carbs 24g, fat 42g, sat fat 15g, fibre 3g, sugar 2g, salt 1.14g



Sloe gin & fruit sponge puddings with custard

SERVES 6 PREP 15 mins plus overnight soaking (optional) COOK 1 hr

FOR THE PUDDINGS

100g/4oz mixed dried fruit, such as raisins, currants and sultanas

4 tbsp Sherry

200g/8oz butter, at room temperature, plus extra for the moulds

200g/8oz caster sugar

4 medium eggs

200g/8oz self-raising flour

1 tsp baking powder

½ tsp mixed spice

zest ½ orange or 1 clementine

150ml/¼pt sloe gin

6 tbsp apricot jam

vanilla custard, to serve

1 Soak the dried fruit in the Sherry overnight, or for as long as you can even a 10-min soak will help. Butter 6 x 200ml pudding or dariole moulds. 2 Heat oven to 180C/160C fan/gas 4. Beat the butter and sugar together until pale and fluffy. Beat the eggs, then slowly add them to the butter and sugar using an electric whisk or mixer. Sift the flour and baking powder together, then carefully fold into the egg, butter and sugar mix using a large metal spoon. Drain the fruit and fold into the mix with the mixed spice, orange or clementine zest and 4 tbsp of the sloe gin. 3 Mix the jam and the remaining sloe gin, then divide between the moulds. Spoon

in the batter, filling the moulds two-thirds

full. Fill another mould with any leftover

square of foil with a pleat in the centre to allow room, as the sponges will rise a lot. Secure with string. Place the moulds in a baking or roasting dish, then fill the dish with water to come one-third up the side of the moulds. Bake for about 1 hr or until the sponges have risen and are cooked. The puds can now be cooled, then chilled. Reheat the same way they were cooked for 20 mins or until hot.

mix. Cover each mould with a large

4 To serve, remove the foil. Gently loosen the puddings with a knife and upturn them onto plates. Serve with homemade or bought custard.

PER SERVING 679 kcals, protein 8g, carbs 83g, fat 32g, sat fat 18g, fibre 1g, sugar 58g, salt 1.08g

 Find a recipe for homemade custard at bbcgoodfood.com

WHAT TO DRINK

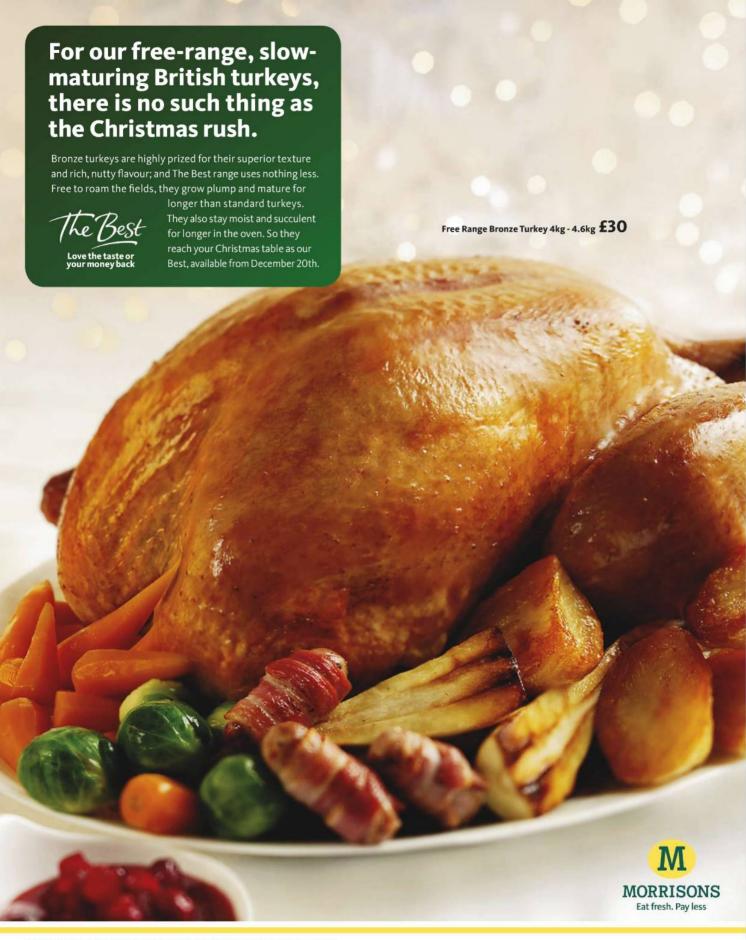
I Start the meal with a sunny French country white, fresh enough to balance the richness and fruity enough to pair with the Port sauce: Grand Héron Marc Ducournau 2009, 11.5% (£5.99, Majestic). Move on to an elegant Chardonnay for the salmon, such as Louis Jadot 2009, Mâcon-Azé, 12.5% (£8.99, Waitrose). Finish with a delicate glass of cool sloe gin (£15.95/35cl, sloemotion.com) or grapey bubbles like Martini Asti NV, 8% (£6.99, Morrisons, Tesco, Waitrose).

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Dolcelatte-stuffed figs

MAKES 16 ● PREP 15 mins ● NO COOK

Remove the hard core from 16 soft dried figs. Cut a pocket in each with the point of a knife, then stuff each pocket with ½ tsp dolcelatte cheese.

Cut 8 slices prosciutto in half lengthways, then wrap up each stuffed fig into a little parcel. Serve scattered with a small handful chopped parsley if you have it.

PER STUFFED FIG 53 kcals, protein 3g, carbs 3g, fat 3g, sat fat 2g, fibre none, sugar 3g, salt 0.46g

Amaretto fizz

SERVES 10 ● PREP 5 mins

Mix 400ml Disaronno, 600ml orange juice and 2 x 75cl bottles sparkling wine in a jug. Add a strip orange zest to each glass, if you like.

PER SERVING 263 kcals, protein 1g, carbs 26g, fat none, sat fat none, fibre none, sugar 26g, salt 0.05g







Winter Pimm's punch

ringles! lerry





Mini sage & onion scones

MAKES 16 ● PREP 20 mins ● COOK 15 mins ■ scones only

FOR THE SCONES 1 tbsp olive oil 1 onion, finely chopped

1 onion, finely chopped
225g/8oz self-raising flour, plus
extra for dusting
50g/2oz unsalted butter
6 sage leaves, finely chopped
125-150ml/4fl oz-¼pt milk
1 egg, beaten
TO SERVE
4 tbsp cranberry sauce

140g/5oz turkey breast, sliced

to scone size

Heat oven 220C/200C fan/gas 7. Heat the oil in a pan and cook the onion for 5 mins until soft, then set aside to cool. In a food processor, pulse the flour and butter together until the mixture looks like crumbs, then add the sage, cooled onion and enough milk to make a soft but not sticky dough. Tip out onto a floured surface, knead briefly, then roll out to 1cm thickness. Using a 1.5cm cutter, stamp out mini scones. Brush tops with egg, put onto a baking sheet and bake for 8-10 mins until risen and golden.

To serve, split the scones, spread each side with cranberry sauce, then sandwich together with the turkey.

PER SCONE 90 kcals, protein 2g, carbs 12g, fat 4g, sat fat 2g, fibre 1g, sugar 1g, salt 0.16g

Prawn & chorizo skewers with gremolata

MAKES 16 ● PREP 15 mins ● COOK 5 mins Easy 🔀

Heat oven to 200C/180C fan/gas 6.
Fry 225g sliced chorizo until crisp on both sides. Skewer 16 cooked, peeled king prawns onto cocktail sticks and add a slice of chorizo to each, then transfer to a baking sheet and bake for 5 mins until warmed through.

To make the gremolata, mix the zest 1 lemon with some chopped parsley and 1 crushed garlic clove. Sprinkle over the prawn and chorizo skewers to serve.

PER SKEWER 55 kcals, protein 5g, carbs 1g, fat 4g, sat fat 1g, fibre none, sugar none, salt 0.69g

Christmas cosmopolitan

cosmopolitan
SERVES 10 PREP
5 mins SERVES
Mix 500ml each
vodka and ginger
wine in a jug. Stir in
1 litre cranberry
juice, juice 5 limes
and some sliced
stem ginger.
Garnish with lime
zest, if you like.

Zest, if you like.
PER SERVING 223 kcals, protein none, carbs 17g, fat none, sat fat none, fibre none, sugar 17g, salt 0.04g

Mini sage & onion scones

Thai mango, chilli & lime cups

Thai mango, chilli & lime cups

MAKES 32 PREP 20 mins NO COOK Easy V Z

Finely chop 1 mango, 1 red chilli, ½ red onion and a handful coriander leaves, then mix with the juice 1 lime and 2 tbsp sweet chilli sauce. Season.

Divide between 32 mini croustade cups (in the supermarket bakery area) and serve within 1 hr so they'll be firm.
PER CUP 19 kcals, protein none, carbs 3g, fat 1g, sat fat none, fibre none, sugar 2g, salt 0.06g

Prawn & chorizo skewers with gremolata



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Make the most of the evening



Come over for dinner

'Friends, family, good food, good times – at this time of year, it's lovely to set the table, get out your best china and serve something a little bit special. This menu will make your gathering a memorable occasion, but not a stressful one. The starter requires absolutely no cooking, the main course is a simple roast and my sticky, toffee tart can be baked ahead – so no last-minute hassle' RACHEL ALLEN, TV chef

Festive menu for 8

- ♦ A plate of smoked fish with Ballymaloe cucumber pickle, Horseradish sauce and Sweet mustard & dill mayonnaise
- ♦ Roast pork with apple sauce, Roast garlic colcannon and your favourite veg
- ♦ Maple pecan toffee tart

A plate of smoked fish

SERVES 8 PREP 10 mins NO COOK

I've given a few suggestions for the smoked fish to use; you can set out all five, or just one or two, depending on what's available. Smoked fish goes beautifully with sweetsour flavours, hence the accompaniments, but you needn't make all three.

- 2 fillets smoked mackerel, cut into pieces
- 8 sliced smoked salmon, cold or hot smoked
- 1 fillet smoked eel, sliced into 8 x 4cm/1½in slices
- 8 thin slices smoked tuna or hake TO SERVE
- 8 lemon wedges
- 8 tbsp each Ballymaloe cucumber pickle, Horseradish sauce and Sweet mustard & dill mayonnaise (see recipes, below and right)

Simply divide the portions of fish between plates for guests to help themselves, adding wedges of lemon, Ballymaloe cucumber pickle and Horseradish sauce, and a drizzle of the mustard mayonnaise.

Ballymaloe cucumber pickle MAKES about 1 litre PREP 20 mins NO COOK Sasy 2

Using a food processor or mandolin, slice 900g/2lb cucumber and place it in a large bowl with 1 peeled, halved and very thinly sliced onion. Add 1 tbsp salt and 225ml/8fl oz cider vinegar or white wine vinegar and mix well to combine.

Horseradish sauce

MAKES 250ml PREP 15 mins PREP 1

NO COOK

Easy 🌠

A classic accompaniment to roast beef, horseradish sauce is also excellent with smoked fish, such as mackerel, trout or eel. It will keep covered in the fridge for 5-6 days.

Place 3 thsp peeled, grated horseradish root in a bowl with 3 tsp lemon juice, 1 tsp Dijon or ½ tsp English mustard, 1 tsp caster sugar, ¼ tsp salt and a pinch of ground black pepper and mix well.

Fold in 225ml/8fl oz softly whipped cream (measured when whipped), taking care not to over mix or it will curdle. Store in the fridge until needed.

Sweet mustard & dill mayonnaise

MAKES 250ml PREP 15 mins NO COOK

Easy 🔀

This mayonnaise will keep well, covered in the fridge, for up to a week.

Place 2 egg yolks, 1½ tbsp white wine vinegar, 1½ tbsp caster sugar and 3 tbsp Dijon mustard in a small bowl and mix together. Pour 200ml/7fl oz oil in very gradually (too quickly and the mixture will curdle), whisking (by hand or using a hand-held electric beater) all the time. The mixture will begin to look creamy as it emulsifies.

Once all the oil has been added, stir in 2 tbsp chopped dill and salt to taste – you want to have a sauce that is both sweet and intensely mustardy in flavour.

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Christmas preparation made simple.



Model shown KM010

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Roast pork with apple sauce

SERVES 8 PREP 30 mins plus resting COOK 2-21/4 hrs

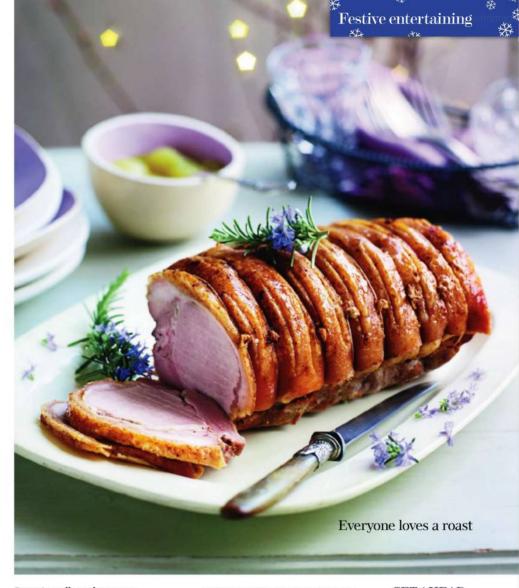
Easy 🌠

This dish relies entirely on the quality of the pork, so do try to get the best you can, and free-range if possible. You will really notice the difference in flavour. Great pork gives you crispy, crunchy crackling, and the meat will be both moist and sweet.

- 1.5-2kg/3lb 5oz-4lb 8oz loin of pork, with the rind still on 2 tsp salt ground black pepper 3 sprigs rosemary FOR THE APPLE SAUCE 500g/1lb 2oz cooking apples, such as Bramley or Grenadier about 50g/2oz sugar (depending on how tart the apples are)
- 1 Heat oven to 190C/170C fan/gas 5. Place the pork, skin side up, on the worktop. Using a very sharp knife, score the rind lengthways (to make it easier to carve later) at 1cm intervals, taking care not to cut down the meat. Rub the salt and some pepper all over the rind and into the fat, then sit the piece of pork, rind side up, on the rosemary sprigs in a roasting tin. 2 Roast in the oven for 2-21/4 hrs (or 25 mins for every 450g/1lb, plus 25 mins extra). Baste every 30 mins or so by spooning any fat or juices back over the rind. If, towards the end of the cooking time, the crackling needs to be crisped up, raise the temperature to 230C/ 210C fan/gas 8 for 10 mins.
- 3 Meanwhile, make the apple sauce. Peel and quarter the apples, cutting away the core. Slice the quarters in half and put in a small saucepan with the sugar and 2 tbsp water. Cover the pan with a lid, place on a low heat and cook for 6-8 mins or until the apple has broken down, then beat into a purée. Taste for sweetness, adding more sugar if desired, and set aside to cool.
- 4 When the pork is cooked, a skewer inserted into the centre (and left in for 10 seconds) will feel very hot when held against the inside of your wrist, and the juices will run clear. Remove to a carving board covered in foil and allow to rest.

JUST ADD VEGETABLES

Peas, green beans, broccoli and carrots – choose your family's favourites. Boil or steam, then toss with a little knob of butter, if you like, before serving with the pork and colcannon.



Roast garlic colcannon

SERVES 6-8 PREP 30 mins COOK 1 hr

Colcannon is a traditional Irish dish made with mashed potato and cabbage or kale. Roasting the garlic tempers and tames its flesh, making it sweet and mellow.

- 1 large head garlic, left whole and unpeeled
- 2 tbsp olive oil
- 1 sprig rosemary
- 1kg/2lb 4oz floury potatoes, unpeeled 450g/1lb Savoy cabbage or kale 250ml/9fl oz milk, plus extra for the mashed potatoes
- 50g/2oz butter, plus extra to serve
- 1 Heat oven to 220C/200C fan/gas 6. Place the whole head of garlic in a small ovenproof dish, drizzle with the olive oil, season with salt and pepper and add the sprig of rosemary. Cover with foil and roast in the oven for about 45 mins or until the garlic has completely softened.

 2 Meanwhile, place the potatoes in a

large saucepan and cover with cold water. Add a good pinch of salt, cover with a lid and bring to the boil. After 10 mins, strain off two thirds of the water, put the lid back on the pan and cook over a gentle heat so that potatoes steam for about 30 mins until tender.

3 Remove and discard the dark tough outer leaves from the cabbage.
Wash the rest and cut into quarters, removing the core. Cut the cabbage or the kale across the grain into slices about 7mm thick. Place in another large saucepan, add the milk and simmer for about 4 mins or until tender.

4 When the potatoes are just cooked, peel them and mash them while still warm with the butter and some salt and pepper. Use your fingers to squeeze out the roasted garlic pulp and beat in to the potatoes with enough boiling milk to make a fluffy purée. Then stir in the cooked cabbage or kale and taste for seasoning. For perfection, serve immediately in a hot dish with a lump of butter melting on top.

GET AHEAD

Roast garlic for colcannon ahead of time, that way your oven is free to cook the pork.

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 Recipes adapted from Rachel Allen's Entertaining at home (£25, Harper Collins).

You can buy it for the special price of £21 (p&p is free). Call 01326 569444. or visit bbcgoodfood.com/ sparkledirect

Maple pecan toffee tart

SERVES 6-8 PREP 50 mins plus chilling COOK 1 hr 10 mins

Moderately easy 🌠

This deliciously sweet nutty tart can be made up to a day ahead. Serve it on its own or with some whipped cream.

FOR THE SWEET SHORTCRUST PASTRY 200g/7oz plain flour, sifted 100g/4oz chilled butter, cubed, plus extra for greasing 1 tbsp icing sugar, sifted ½-1 egg, beaten FOR THE FILLING 280g/10oz shelled pecans, 2/3 coarsely chopped, the rest left whole 250ml/9fl oz maple syrup, plus extra to serve

75g/2½oz light soft brown sugar 150g/5oz butter 75ml/2½fl oz double or regular cream

1 Place the flour, butter and icing sugar in a food processor and whizz briefly until the butter is in small lumps. Add half the beaten egg and continue to whizz for another few seconds or until the mixture looks as though it may just come together (bear in mind that prolonged processing will only toughen the pastry, so don't whizz it up to the point where it forms a ball of dough). You might need to add a little more egg, but not too much as the mixture should be just moist enough to come together. If making by hand, rub the butter into the flour and icing sugar until it resembles coarse

breadcrumbs then, using your hands. add just enough egg to bring it together. Reserve any leftover egg to use later. 2 With your hands, flatten out the ball of dough until it is about 2cm thick. Wrap in cling film or a plastic bag and leave in the fridge for at least 30 mins. When you are ready to roll out the pastry, butter a 23cm loose-bottomed tin and remove the pastry from the fridge, placing it between two sheets of cling film (each larger in size than your tart tin). Using a rolling pin, roll the pastry to no thicker than 5mm thick. Make sure to keep it in a round shape, as well as large enough to line both base and sides of the tin. 3 Remove the top layer of cling film, slide your hand, palm upwards, under the bottom layer of cling film, then flip the pastry over (so that the cling film is now on top) and carefully lower it into the tart tin. Press the pastry into the edges of the tin (with the cling film still attached) and, using your thumb, 'cut' the pastry along the edge of the tin for a neat finish. Remove the cling film, prick over the base with a fork and chill the pastry in the fridge for another 30 mins or in the freezer for 10 mins.

4 While the pastry is chilling, heat the oven to 180C/160 fan/gas 4. Remove the pastry from the fridge or freezer and line with foil, greaseproof paper or baking parchment, leaving plenty to come over the sides. Fill with baking beans or dried pulses (which can be reused repeatedly), then place in the oven and bake 'blind' for 10-15 mins or until the pastry feels dry in the base. Remove from the oven, take out the baking beans and foil/paper, brush the base of the pastry with any leftover beaten egg, then bake in the oven for another 3 mins or until lightly golden. Remove from the oven and set aside. 5 While the pastry is cooking, place the pecans in a roasting tin or baking tray and bake in the oven for 8-10 mins or until lightly toasted. Meanwhile, make the rest of the filling. Place the remaining ingredients in a saucepan and bring to the boil, stirring to dissolve the sugar. Continue to boil vigorously for 5 mins then remove from the heat, stir in the toasted pecans and pour into the pre-baked tart base. Place in the oven and bake for 30-35 mins or until browned and bubbling. Allow to cool, then put in the fridge to chill before serving. Eat with extra drizzle maple syrup, if you like.

- Catch Bake, 7am on Saturdays, and Rachel's Favourite Food, 6.30pm, weekdays, on the Good Food channel, Sky 249, Virgin 260.
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- Turn to page 16 to find out how our Reader taste team rated these recipes.

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If you like firm...

Comté is a giant among hard cheeses. Not just for its size – a 35kg round, 60cm in diameter – but also for its depth of flavour. It speaks strongly of its heritage, from the floral pastures of the Rhône-Alpes and the Jura, and of the specific breeds of cow that provide the sweet milk. While a mature cheddar is an essential on many Christmas cheeseboards, Comté is the one cheese that could knock it off its perch.

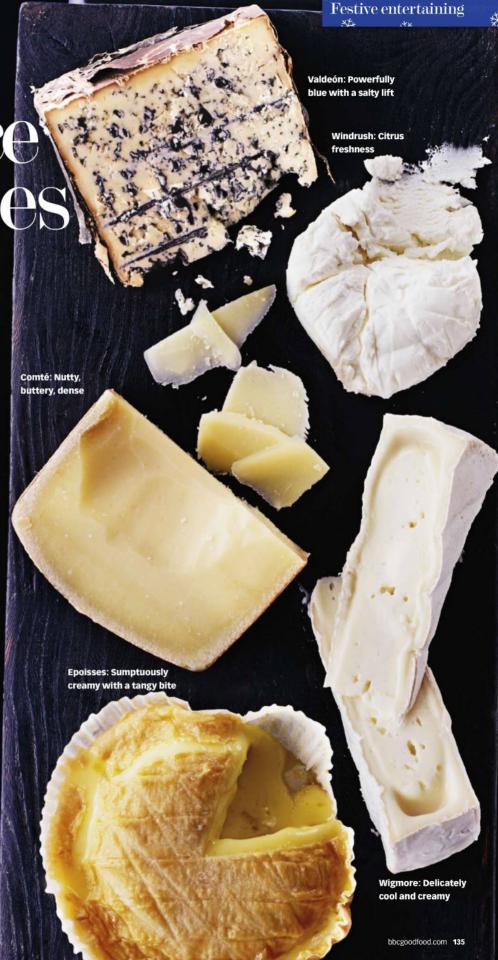
& walnut log to serve alongside

Also try... Manchego, a Spanish cheese made from ewe's milk that becomes more interesting as it ages. It's excellent with the Fig & walnut slice (see recipe, overleaf).

What to drink Comté proves that hard cheeses can be as delicious with white wine as with red. Pick a French Viognier or Chardonnay, or the elegant white Burgundy 2008, Louis Latour, 13% (£9.99, Waitrose).

If you like strong and pungent...

Epoisses is one of the most decadent of cheeses. It can be spread daintily on a nutty biscuit, but the best way to enjoy its supple heart is to spoon it on lavishly. A cow's milk cheese from northern France, it is washed in brine to create the soft, golden rind. The darker it gets, the more pungent it will be. This is one of those cheeses ideally ordered from a specialist, who can bring it to perfection for you. Also try... For those who relish strong, stinky cheeses, seek out Pont-l'Evêque, with its distinctive square shape, and Stinking Bishop, from Gloucestershire. The latter is washed in pear cider and is not quite as smelly as its name suggests. What to drink A red Burgundy is a classic choice, or try the dense



Les Douze 2008, Fitou, France, 13.5% (£7.99, Majestic).

If you like goat's...

Windrush, from Oxfordshire (pictured below), is a baby, a matter of days old. What this stripling offers is a palatecleansing brilliance that makes a wonderful contrast to rich cheeses. Available plain or with decorations of peppercorns or garlic and herbs, it adds interest to every cheeseboard. It's also welcome in the kitchen, chopped through a tray of winter roasted veg just before serving, or sprinkled over a mixed green salad.

Also try... the French Sainte-Maure de Touraine, the log rolled in ash, and the more mature and savoury

St Tola, from Ireland.

What to drink Sauvignon Blanc is the perfect choice. This ripe, aromatic Chilean is spot-on: Finest Tapiwey Sauvignon Blanc 2010, Casablanca Valley, 13% (£8.99, Tesco).

If you like sweet and creamy...

Wigmore is a ewe's milk cheese that thinks it's a cow's milk Camembert. From the outside, it is a similar shape and style. Cut a wedge and it reveals itself to be very different, however – wondrously white and with a creamy richness, plus just a note of caramel that is typical of ewe's milk. Wigmore comes in two sizes, a baby 400g, or a regular 800g version.

Also try... At their dairy in Berkshire, Anne and Andy Wigmore make Spenwood from ewe's milk, too. This is a hard cheese, with a close, firm texture and a nutty sweetness. It's great with sliced pears.

What to drink La Différence Carignan 2009, Vin de Pays des Côtes Catalanes, France, 13.5% (£5.99, Tesco) – a midweight red with dusky skinned damsons. Where to buy
Mail-order suppliers
include paxtonand
whitfield.co.uk,
finecheese.co.uk,
nealsyarddairyshop.
co.uk

If you like blue...

Valdeón is a Spanish secret that deserves to be better known. A cow's milk cheese, it comes wrapped in a coating of sycamore leaves. The bite is bold, with notes of pepper and salt.

Also try... France's Roquefort, made from ewe's milk, is moist and somewhat salty. For a very different cheese, seek out Perl Las from Carmarthen, a golden, buttery blue with a white crust.

What to drink Palo Cortado is a clean, nutty Sherry that's nice served cool.

Waitrose's Solera Jerezana Palo Cortado, Spain, 19% (£7.78) is a good introduction to the style. Or pour a sweet Sauternes.

Fig & walnut slice

SERVES 12 • PREP 15 mins • NO COOK • Good for you This would also make a nice gift for a cheese lover.

50g/2oz whole almonds, toasted 250g/9oz dried figs, hard stalk removed, chopped 50g/2oz dried apricots, halved 50g/2oz walnuts, halved ½ tbsp brandy ½ tbsp clear honey pinch ground cloves

1 Pulse the almonds in a food processor until most are finely chopped. Remove and transfer to a bowl. Whizz the figs until they form a sticky paste, then add this to the almonds with the remaining ingredients. Mix well, then shape

into a sausage and allow to dry, uncovered, in the fridge or a cool, dry place for a week.

2 Wrap and tie in baking parchment if giving away, then slice and serve alongside your favourite cheeses. Will keep in a cool place for up to 2 months.

PER SERVING 113 kcals, protein 2g, carbs 14g, fat 6g, sat fat 1g, fibre 2g, sugar 14g, salt 0.04g





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Christmas Sarah Jane Evans recommends the best bottles for every festive occasion



Aldi

AFFORDABLE FIZZ

Philippe Michel Crémant du Jura,

France, 12.5%, £6.99

Good French sparkling does not just come from Champagne. Check out this rounded Chardonnay fizz with baskets of creamy citrus and apple.



Ramon López Murillo Rioja Reserva 2004, Spain, 13.5%, £5.99

The Aldi wine range is small, but it's great value. This lively Rioja, with cherry fruit pairs well with rich flavours.



SWEET TREAT

£10.99, 1 Dec-4 Jan)

RED FOR THE TURKEY

Dark and silky, with blackberries

and a note of white pepper. This

bold but elegant Syrah matches spicy stuffings and red cabbage.

Château Roumieu 2007, Sauternes, Bordeaux, France, 14%, £6.99/37.5cl Every Christmas needs a honeyed Sauternes and this is a great choice with creamy blue cheeses and the Christmas trifle. Serve cool.



Majestic **BOXING DAY WHITE**

Craggy Range Te Muna Road Sauvignon Blanc 2009, NZ, 13.5%, £9.99 (down from £11.99 for 2 or more) The Te Muna Road vineyard is a model of a restrained Sauvignon. Full-bodied, and made to accompany food, not to dominate it.

CROWD-PLEASER

Fritz Riesling 2009, Germany, 11%, £7.99 (down from £8.99 for 2 or more) At 11%, Fritz is the perfect party wine. Brightly tangy and sherbetty, with an appley freshness that also works well with Thai green curry.

Asda

BRILLIANT BUBBLES

Extra Special Prosecco, Italy, 11%, £7.28 A refreshing sparkle, a character of ripe pears and melons with a little lift of citrus - mix it with peach nectar for Bellinis, but just as good as it is.

WHITE FOR THE TURKEY

Extra Special Chablis 2008, France, 12.5%, £8.97

Minerally and intense, with a relieving dash of passion fruit. A smart choice for smoked salmon and seafood, too.

GREAT VALUE

Marsanne 2009, Vin de Pays d'Oc.

France, 12.5%, £3.98

Plump and just a little peachy, with a finishing lift, this value Marsanne makes





Marks & Spencer SPOIL YOURSELF SPARKLING

Gloria Ferrer Etesian Blanc De Blancs 2005, Carneros, California, US, 12.5%, £12.74

Made from 100% Chardonnay, this is a delicately aromatic and traditional sparkling, nicely rounded from its years resting in the cellar.

SPLASH OUT

Chablis Premier Cru Fourchaume 2006, France, 13%, £17

Tip-top quality at a reasonable price (for Premier Cru). This is a classic choice for the Christmas turkey with a pure, clean intensity.

Les Closiers Châteauneuf-du-Pape 2007, France, 14.5%, £15.29 Prices are shooting up in Châteauneuf because of demand. No wonder: it's a complex blend of red fruit amid fine oak and a supple spiciness. Smart choice for Christmas lunch.

BOXING DAY RED

Fitou 2008, France, 13.5%, £6.99 Deeply coloured, boldly flavoured with notes of fennel and herbs. A match for cold meats and fruity, spicy chutneys. :



Morrisons **GOOD WITH TURKEY**

Petit Chablis 2008, 11.5%, France, £7.99 At this price, definitely a Chablis to keep on stand-by in the fridge. Good with turkey, but also fish pies, smoked salmon and vegetable tarts.

Barbera d'Asti Superiore 2008, Italy, 13.5%, £6.99

A smart change from the classic Chianti. This shows the typical freshness of northern Italy's reds, ideal with gutsy food, and also turkey.

PARTY PICK

Santerra Tempranillo 2008, Utiel-Requena, Spain, 13.5%, £3.99 Brilliant value, a wine that really delivers for the price. Juicy, vibrant and full of character. Also a good base for mulling with oranges and sweet spices.

Oddbins

GOOD WITH THE TURKEY

McHenry Hohnen 3 Amigos 2007, Western Australia, 13.5% £12.99 (down to £10.39 when you buy 12) A delicious blend with notes of fine textured oak – a very interesting alternative for a Christmas white. Intense and pure. Try the red blend, too.

Raimat Abadia 2007, Costers del Segre, Spain, 13.5%, £7.99 (down to £6.39 when you buy a case) Abadia is on the way to becoming one of Spain's modern classics. A Cabernet blend with a gentle riot of tobacco, coconut and red fruit.

A LITTLE LUXURY

Campbell's Rutherglen Muscat NV, Victoria, Australia, 17.5%, £9.99/37.5cl Rutherglen produces unique Muscats and this version is a honeyed, raisined, sumptuous treasure. Serve cool with dried fruits, dark chocolate, and salty blue cheeses.



Sainsbury's

Taste the Difference Barolo 2006, Italy, 14%. £14.99

The sky's the limit when it comes to Barolo, so this is very good value. It's also one of the TTD range that really does taste different. Typical Barolo elegance: floral, smoky with oak and dark fruits.

SERVE WITH SEAFOOD

Taste the Difference Albariño 2009, Rias Baixas, Spain, 12.5%, £6.99 Great value for one of Spain's priciest whites. From Galicia, it has a crunchy freshness, topped by a succulent note of peach. Ideal with seafood and salads.

CROWD-PLEASERS

Sainsbury's House Soave NV, Italy, 11.5%, £12.89/3 litres, £3.49/75cl Brilliant buy for parties whether by the bottle or the box. A light, gently citrusy white, serve from the fridge for best effect.

Cono Sur Gewürztraminer 2009, Bío-Bío Vally, Chile Sainsburys, Majestic, 13.5%, £5.99 When there are spicy foods or Thai favours on the menu, the silky, aromatic qualities of this rich Gewürz are a great choice. Serve cool from the fridge.

Tesco

1531 Blanquette de Limoux, France, 12.5%, £9.99

This southern blend is full of creamy baked apples. The Zork stopper, exclusive to Tesco, is easy to open, and once re-closed can be stored on its side in the fridge without leaking.

GOOD WITH TURKEY

La Différence Viognier-Muscat 2009, France, 13%, £5.99

Two of France's most aromatic varieties paired to produce a dry white with creamy notes of apricot and white peach. Good with turkey.

CELEBRATE IN STYLE

Finest Viña Mara Gran Reserva 2000, Rioja, Spain, 13.5%, £9.99 Snap up this Limited Edition while it's still available. It's a lipsmackingly modern Rioja, full of cherry fruit with smoky overtures. Outstanding value.

Louis Jadot Beaujolais Villages Combe aux Jacques 2009, France,

12.5%, £8.99, (also in Budgens, Booths, Waitrose)

Top vintage, fine producer, makes for a winning combination. There is no need to buy Burgundy when Beaujolais is so good. Excellent with roast goose.

BUDGET OPTION

Gran Tesoro 2009, Campo de Borja, Spain, 13.5%, £3.99

A regular favourite, this is a young, juicy red, alive with roasted cherries and vanilla, and underscored by a tangy freshness. Serve cool.



Waitrose GOOD-VALUE FIZZ

SanLeo Prosecco, Italy, 11%, £8.99 (on offer 8 Dec-4 Jan, down to £5.99) Good value at £8.99 and a brilliant offer at £5.99: notes of white flowers, melon and fresh ripe pears. A very lively fizz.

SMART REDS

Chianti Classico 2007, Barone Ricasoli, Italy, 13.5%, £9.99 A classy combination of Chianti's berry fruits with the keynote savoury, almost leathery character, and floral highlights. Good with turkey.

Hospices de Beaujeu Beaujolais Villages 2009, France, 12.5%, £7.99 Juicy, jammy, and fresh, and also intense with a lingering finish. Made for pâtés, spicy sausages, cold meats and bold chutney.

SWEET TREAT

In Partnership Sauternes 2006, Bordeaux, France, 14.5%, £13.49/37.5cl

The producer of this wine is Château Sudiraut, one of the greats of Sauternes. Makes a great gift – serve cool and savour the roasted apricots, and bright lime and orange intensity.

PARTY WHITE

Saluti, Italy, 12.5%, £4.99 Made for parties, this is a fresh young Italian, as uncomplicated as its screwcap which makes it so easy for parties. Serve from the fridge.

Soft options

Cawston Press Apple & Ginger and Apple & Rhubarb, 1-litre carton/£1.89 Waitrose, Booths, Whole Foods, Planet Organic and independents, Delicious combinations, to charm young and old. The ginger version is deliciously subtle, just coming through on the finish, and the rhubarb speaks convincingly of olde England.

Feel Good Drinks Orange & Passion fruit, Cloudy Lemon and Cranberry & Lime, 750ml/ £1.89 Asda, Co-op, Morrisons, Sainsbury's, Tesco, Waitrose Gently sparkling, with no added sugar, these are a great standby over the holiday. The Cranberry & Lime offers the Christmassy feel but with none of the usual sweetness.











The iconic Invention Test... MasterChef Winners... MasterChef Cook-offs... Top London restaurants...



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Join Food at 52's **John Benbow** for an innovative and fun tapas masterclass. Creating great tapas at home to share with friends is not as difficult as you may think. John will show you how to create mouth-watering tapas dishes while enjoying a perfectly matched glass of Campo Viejo in an intimate classroom setting. Tickets are strictly limited to 10 pairs per session so book early to avoid disappointment – visit **MasterchefLive.com** for full details.

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Retail Therapy

MasterChef Live is a treasure trove of unusual and speciality food and drink - all selected for their quality and flavour, It's the perfect place to shop for Christmas presents, or to experiment with

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Raise your glass

This year your ticket gives you free entry to The Wine Show - the perfect opportunity to try a huge range of wines and stock up for Christmas and New Year. Improve your knowledge of wine in tastings hosted by experts Oz Clarke, Susy Atkins, Tim Atkin and Rob Buckhaven and discover something you won't find on the high street in the Wine Market there's a bottle for every taste and budget. Plus have it delivered home before the festive season. Make sure you check out Tapas Time with Campo Viejo Feature to learn how to create delicious tapas dishes and pair them to your favourite Riojan wines.

All you need to know...

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	Ticket type	Fri & Sun Reader Offer Standard		Sat Reader Offer Standard	
	The Express Entry to the show	£18.50	£20.50	£19.50	£21.50
	The Express plus Theatre Seat Entry into the show plus Silver Seat (standard) in the Chefs' Theatre	£24.50	£26.50	£25.50	£27.50
	The Perfect Dining and Shopping Experience Entry to the Show, a Silver Seat (standard) in the Chefs' Theatre, £20 dining currency, shopping bag & wine glass holder	£50.00	£52.00	£51.00	£53.00
	The Invention Test Package Entry to the show plus a place on the Invention Test – cook in front of a live audience and win the chance of having your food judged by John Torode and Gregg Wallace	£63.50	£68.50	£64.50	£69.50
	The Ultimate VIP Package Entry to the show, a Gold Seat (best seat) in the Chefs' Theatre, VIP lounge access, £20 dining currency, VIP area in the Restaurant Experience, bag crèche and show goodies	£85.00	£90.00	Sold out	Sold out

Over 65s get an additional £2 off The Express, The Express plus Show Seat and The Perfect Dining and Shopping Experience Children are full price on Fridays, £12.50 on Saturdays and free on Sundays (2 free children per paying adult) £1.75 booking fee applies per ticket. Times and prices correct at time of print

Campo Vicjo

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The Christmas gift that lasts all year **



A new book from Nigella is always a treat. This one is packed with 190 recipes to suit your

life – from simple suppers for the midweek rush to slow-cook weekend dishes and baking, plus inspired ways with leftovers 9 GILLIAN CARTER, Editor

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Make vour cake

Chocolate fruitcake

CUTS INTO 10 slices PREP 35 mins COOK 2 hrs Preprint Cook 2 hrs Cook 2 cake only If anyone in your family isn't keen on traditional fruitcake, this might be the compromise you've been looking for.

200g/7oz butter 200g/7oz dark brown soft sugar 100g/4oz dark chocolate (we used 80%), broken into chunks 75ml/21/2fl oz brandy 1 tsp vanilla extract 250g/9oz raisins 250g/9oz currants 100g/4oz dried cranberries 100g/4oz dried sour cherries 100g/4oz mixed peel 200g/7oz self-raising flour 100g/4oz ground almonds 3 tbsp cocoa 1 tsp mixed spice 3 eggs, beaten with a fork

- 1 Put the butter, sugar, chocolate, brandy, vanilla and dried fruits into a large saucepan. Heat gently, stirring occasionally until everything has melted together. Remove from the heat.
- 2 Heat oven to 150C/130C fan/gas 2. Line a deep cake tin, 20cm round or 18cm square, with a double layer of baking parchment. Wrap a few layers of newspaper around the outside and secure with string (for step-by-step instructions, visit bbegodfood com).
- instructions, visit bbcgoodfood.com).

 3 Mix the flour, almonds, cocoa and spice together. Stir the eggs into the slightly cooled chocolate mixture in the saucepan, followed by the flour mixture. Scrape into your prepared tin and bake for 1½ hrs-1 hr 45 mins or until a skewer poked in comes out clean. Cool in the tin, then decorate. Greaseproof-wrapped cake will keep for 2 months in an airtight container.

 PER SERVING 683 kcals, protein 9g, carbs 97g, fat 30g, sat fat 14g, fibre 5g, sugar 79g, salt 0.63g





Now choose your favourite decoration

Sugar-dusted snowflake cake
TAKES 50 mins Moderately easy

1 x 20cm round or 18cm square cake 4 tbsp raspberry or apricot jam, warmed and sieved 500g pack marzipan icing sugar, for dusting 1.25kg/2lb 12oz pack ready-to-roll

- white icing 1 egg white, frothed with a fork, or a little thin, runny icing made with icing sugar and water
- icing sugar and water preserving sugar or granulated sugar a little edible glitter, if you have it snowflake-shaped cutters
- 1 Sit the cake on a cake board or flat plate. Brush all over with a little of the jam. Roll out the marzipan on an icing sugar-dusted surface until large enough to cover the sides and top of the cake - use string to help you measure. Cover the cake and trim the excess marzipan from the bottom. Brush with jam again, knead 850g of the white icing until smooth and pliable, then roll out as you did you for the marzipan ensuring it is large enough to cover the top and sides. Lift onto the cake. Smooth the icing down and around the sides, trimming excess from the bottom, as before. Smooth out any marks with the flats of your hand, rubbing the icing to buff it to a shine.
- 2 Roll out the rest of the white icing and cut out a few snowflakes. Brush one side with a little egg white or runny icing, then dip this side into the preserving or granulated sugar to coat. Sprinkle on glitter, if using, then use more egg white or icing to stick randomly onto the cake. Leave to set for a few hrs before cutting. PER SERVING 1,371 kcals, protein 12g, carbs 249g, fat 42g, sat fat 15g, fibre 7g, sugar 231g, salt 0.86g
- You can buy edible glitter from splatcooking.com and snowflake-shaped cutters from lakeland.co.uk

Easy wreath cake

- a few fresh cranberries
 1 egg white, frothed with a fork
 3 tbsp white caster sugar
 1 x 18cm square or 20cm round cake
 3 tbsp apricot or raspberry jam,
- warmed and sieved 300g/11oz marzipan 500g pack fondant icing sugar, sifted small bunch sage small bunch bay leaves
- 1 Dip the cranberries in the egg white, then roll in caster sugar a few times until well coated. Leave to set (or use glacé cherries instead, even easier and no need to frost with egg white). Brush just the top of the cake with a little jam. Roll out the marzipan to slightly larger than the top of the cake, lay on top of the cake, press down and trim flush to the edges of the cake.
- 2 Mix a dribble of water at a time into the fondant icing sugar, until it's a smooth, stiff consistency that won't run. Pile on the top of the cake. Push to the edges with a palette knife so it eases down the sides a little. Make a wreath from the sage and bay, then add a few of the frosted cranberries (or glacé cherries if using instead).

PER SERVING 1,013 kcals, protein 11g, carbs 170g, fat 35g, sat fat 14g, fibre 6g, sugar 151g, salt 0.67g

 For step-by-step instructions showing how to cover a cake with marzipan and icing, visit bhcgoodfood.com

Turn the page for our cute Rocky robin cake









Rocky robin cake

TAKES 1 hr 10 mins Moderately easy

x 20cm round or 18cm square cake
 tbsp raspberry or apricot jam,
 warmed and sieved
 icing sugar, for dusting
 500g pack marzipan
 1.3kg/3lb ready-to-roll white icing
 brown, green and red food colouring
 whole cloves, black writing icing

1 Sit the cake on a large board or flat serving plate. Brush a little of the jam over the cake. Dust a clean surface with a little icing sugar, then roll out the marzipan until big enough to cover the cake (use string to help you measure). Carefully lift the marzipan onto the cake, pat down to cover smoothly and trim any excess off the bottom. Brush all over again with more jam.

2 Knead 1kg white icing until smooth, then roll out on an icing sugar-dusted surface until a little bigger than the marzipan size. Carefully lift onto the cake, partially pat down the sides to smooth and stick, allow the rest to stick in folds, or tease into shape with your fingers (step A). Trim any ragged edges.

3 For the robins, roll 3 walnut-size balls from some of the remaining white icing. Halve the icing that is left. Knead brown colouring into 1 half to give a rich colour, wrap well – this will be the branch. Divide the other half into 3 pieces, and colour 1 red, 1 pale brown and 1 green.

4 Re-dust the work surface, pinch off 3 marble-size balls of red icing and roll each into a teardrop shape for the breast. Use a cocktail stick to add texture, then stick 1 onto each robin - brush a little water onto the icing to help it stick. As you stick it, flatten the base of the ball slightly so that the robins stand up. 5 Divide the pale brown icing into 3 balls and roll each into an oval shape, then pinch 1 end of each into a gentle point (step B). Stick onto the robins so that the point is the head, and trim the tail if you need to. Poke a clove into each brown tip to make a little beak. Pull the round bit off the end of 6 cloves to leave spiky ends, and poke into robins to make feet. Use black writing icing to add eyes (step C). 6 Roll most of the dark brown icing into a long branch and attach to the cake with a little more water or jam. Roll smaller branches from the remaining dark brown icing. Pinch leaves from the green icing and attach. Add the robins and enjoy.

PER SERVING 1,381 kcals, protein 12g, carbs 251g, fat 42g, sat fat 15g, fibre 7g, sugar 233g, salt 0.86g

DECEMBER 2010

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Christmas Stars



Fancy a change from fruitcake? Try making **Sara Buenfeld's** fun, festive alternatives, as well as new ways to bake your mince pies

Starry mincemeat slices
CUTS INTO 12 • PREP 20 mins plus

chilling ● COOK 30-35 mins

Easy ■ before baking

This is easy to make using sheets of ready-rolled pastry and a small star cutter.

a little butter, for the tin

2 x 410g jars mincemeat

175g/6oz grated Bramley apple, squeezed to remove excess juice

2 x 375g packs ready-rolled shortcrust pastry sheets

white caster sugar, for dredging

1 Butter a 30 x 20 x 2.5cm tray tin. Mix the mincemeat and grated apple. Unroll the pastry sheets. Lift one sheet into the tin so that the pastry lines it and the excess hangs over the sides. Spread the mincemeat mix over evenly

2 Leave the other sheet on its wrappin but lightly mark the size of the tin onto it. Stamp out stars, spaced apart - don't go outside the markings. Carefully invert on top of the mincemeat, pastry side down, and peel off the wrapping. Press the edges together around the edge of the tin, trim the excess, then randomly place the cut-out stars over the pastry. Will freeze for up to 6 weeks. Defrost before baking. 3 Chill for 20 mins. Meanwhile, heat oven to 200C/180C fan/gas 6 with a large baking sheet inside it. Dredge the pastry with sugar and bake on the hot baking sheet for 30 mins until golden. Remov and dredge with more sugar.

PER SLICE 481 kcals, protein 4g, carbs 74g fat 21g, sat fat 9g, fibre 2g, sugar 45g, salt 0 Easy yet impressive



Deep-filled mince pies

MAKES 12 PREP 30 mins

COOK 12-15 mins

before baking

These are made with a no-need-to-roll pastry that is similar to shortbread. As they are baked in muffin tins, they have a generous amount of filling, too.

225g/8oz cold butter, chopped 350g/12oz plain flour 100g/4oz icing sugar, plus extra for dusting 410g jar mincemeat

- **1** Heat oven to 200C/180C fan/gas 6. Rub the butter into the flour and icing sugar with your fingertips, or blend in a food processor, until the mixture comes together in a ball you don't need to add any liquid or chill it. Knead briefly, then cut into 12 equal pieces.
- 2 Taking a piece of dough at a time, cut off two-thirds and press into the base and up the sides of a muffin tin hole. Repeat to make 12. Spoon the mincemeat into the pastry cases it won't completely fill them.
- **3** Now take the 12 remaining smaller pieces of pastry. Roll each into a ball and flatten to make a disc for the mince pie lid. Add one to each pie and tuck the pastry that comes up the sides of the tin down to seal it. Prick the tops with a fork a few times. Will freeze for up to 6 weeks. Defrost before baking.
- **4** Bake for 12-15 mins or until pale golden. Cool in the tins for about 10 mins, then give the pies a little twist to stop them from sticking. When cool, carefully remove from the tins. Dust with icing sugar when ready to serve.

PER PIE 367 kcals, protein 3g, carbs 53g, fat 17g, sat fat 11g, fibre 1g, sugar 31g, salt 0.25g

Mini panettone

MAKES 10 • PREP 45 mins plus 1½-2 hrs rising • COOK 25-30 mins

Moderately easy

You don't need to buy special tins – just save up 200g size cans (baked beans, etc), or use 10 holes of a muffin tin, lined with the wraps instead. Plain flour gives a lovely cakey texture. As the dough will be very soft, it is best beaten in the bowl rather than kneaded.

2 eggs plus 1 yolk
1 tsp vanilla paste or extract
500g/1lb 2oz plain flour
2 x 7g sachets easy-bake
dried yeast
100g/4oz caster sugar
200ml/7fl oz warm milk
200g/7oz soft butter
140g/5oz mixed dried fruit
100g/4oz mixed candied peel
milk, for brushing
1-2 tbsp flaked almonds

1 Beat the eggs and yolk with the vanilla. In a large bowl, mix the flour, yeast, sugar and 1/2 tsp salt. Add the warm milk and egg mixture, then beat to a very soft. sticky dough with a wooden spoon. Cover with cling film and leave in a warm place until the dough has doubled in size. 2 Drop large muffin wraps (see tip) into 10 clean, 200g size cans (or use a muffin tray, see intro), or line them carefully with baking parchment so that the paper comes well above the cans to make a collar. 3 Blend the butter, fruit and peel into the risen dough, preferably with your hands. Cut into 10 equal pieces and drop a piece into each prepared can. Cover again and leave until they are very well risen. 4 Heat oven to 190C/170C fan/gas 5. Gently brush the panettone with milk, scatter over the almonds and bake for 25-30 mins until golden. Eat within 3 days, or freeze for up to 6 weeks. PER PANETTONE 472 kcals, protein 9g, carbs 71g,





The vital ingredient for pancetta wrapped chicken.

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into this dish. How do we know that? Because we're sage of course.





of garlic underpins all the other subtle flavours... the unsung hero does it again.



Stollen spirals

MAKES 11-12 buns • PREP 45 mins plus 1/2-2 hrs rising • COOK 25-30 mins Moderately easy • before decorating These are lovely for breakfast or teatime. Present them the traditional way, brushed with butter and dredged with icing sugar, or ice them and scatter with nuts – or

decorate the buns half and half, as we did.

zest 1 orange, plus juice ½
4 tbsp Cointreau
85g/3oz dried cranberries
85g/3oz mixed dried fruit
550g/1lb 4oz strong white bread flour,
plus extra for kneading
2 x 7g sachets easy-bake dried yeast
85g/3oz golden caster sugar
good grating of nutmeg
85g/3oz butter, plus extra for the tin
1 large egg
250ml/9fl oz warm milk
sunflower oil, for the bowl

25g/1oz pistachios, chopped 300g/11oz golden marzipan TO DECORATE

melted butter and icing sugar, or icing sugar mixed with a little water, plus chopped pistachios, if you like

1 Stir together the zest and juice,
Cointreau, cranberries and mixed fruit
in a small bowl and leave to soak.
2 Meanwhile, mix the flour, yeast, caster
sugar and nutmeg in a large bowl. Add
½ tsp salt and rub in the butter. Beat the
egg with the warm milk, then pour onto
the flour mix. Stir with a round-bladed
knife, then use your hands to bring the
mixture together as a soft dough.
3 Tip onto a work surface and knead
for a couple of mins, adding a little flour
only if you need to stop it sticking. Oil the
bowl, return the dough and cover with
cling film. Leave to rise for 45 mins-1 hr

4 Line and butter a large roasting tin with baking parchment. Roll the risen dough out firmly to a long strip about 70 x 18cm. Add the pistachios to the soaked fruit, then scatter the mix along the dough. Roll the marzipan into a sausage the same length as the longest side of the dough, then place it down the centre of the dough and roll up together firmly, a bit like making a sausage roll. Trim the ends, then cut the rest into even lengths and arrange, cut side up, in the tin. Cover with cling film and leave to rise for 45 mins-1 hr until really well risen. 5 Heat oven to 190C/170C fan/gas 5. Bake for 15-20 mins until golden. Will freeze for up to 6 weeks. Brush with melted butter and dredge with icing sugar, or mix a little water into the icing sugar, drizzle over the buns and scatter over the nuts. Eat within 2 days. PER BUN 467 kcals, protein 9g, carbs 80g, fat 13g, sat fat 5g, fibre 3g, sugar 41g, salt 0.40g







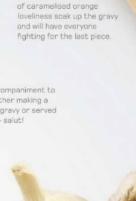




Black pepper



Garlic An aromatic compliment to the lamb - be reckless and throw in another couple of cloves



Sweet potatoes



With 20% more room than a standard built-in single oven, the Hotpoint Openspace makes cooking roast lamb a pleasure instead of a logistical nightmare. The insulating divider creates two independently controlled cooking spaces, so while the lamb browns to perfection in Hotpoint the bottom, the Yorkshires sizzle in the top double oven versatility in a single oven space. hotpoint.co.uk







DECEMBER 2010



Season's greetings

Serve your Christmas pudding with deliciously creamy Carte D'Or Vanilla ice cream and add an indulgently festive cheer to your dining table

or some home cooks, making a Christmas pudding from scratch is an annual endeavour to be savoured with pride on the big day. Of course, for everyone else, it's good to know there are some excellent ready-made varieties to pick up from the supermarket, too.

Whether you decide to make or buy your pud this year, why not try it with Carte D'Or Vanilla ice cream, instead of the usual dollops of brandy butter or cream? The rich, sticky, fruitiness of the pudding works beautifully with the luxurious vanilla flavour of the ice cream - a perfect combination.

Carte D'Or Vanilla ice cream is irresistibly smooth, made with natural vanilla flavour from Madagascar, the world's largest producer of vanilla. Enjoy it on its own or make it the ideal addition to all your favourite desserts, such as Christmas pudding (see the recipe suggestion, right).

Inspired by classic recipes with a twist to add an extra irresistible touch, there's a Carte D'Or ice cream flavour to suit every occasion. Keep an eye out for more mouth-watering recipes and suggestions using Carte D'Or in next month's issue of Good Food, as well as at bbcgoodfood.com/cartedor or cartedor.co.uk.

Make all your desserts special throughout the year with Carte D'Or. Give More, Give Carte D'Or.



Snow-capped Christmas pudding

SERVES 4-6 • PREP 5 mins • COOK 2-4 hrs

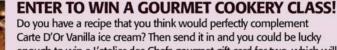
For a lighter version you could use Carte D'Or Vanilla Light, which has 50 per cent less fat and 30 per cent fewer calories, than Carte D'Or Vanilla.

- 1 Christmas pudding, 1 litre in size
- 1 tub Carte D'Or Vanilla ice cream
- 3-4 tbsp brandy, warmed

- 1 Heat the Christmas pudding according to the recipe or the pack instructions.
- 2 Drizzle the pudding with brandy and set alight. Serve each portion topped with creamy Carte D'Or Vanilla ice cream.

A CLASSIC **FLAVOUR**

Carte D'Or Vanilla ice cream is a timeless favourite that never fails to disappoint. Serve it on its own as a treat, or on the side to make any dessert special.



Do you have a recipe that you think would perfectly complement Carte D'Or Vanilla ice cream? Then send it in and you could be lucky enough to win a L'atelier des Chefs gourmet gift card for two, which will allow you to choose any four-hour cookery class (including the popular dessert class) at L'atelier des Chefs in London.

For details of classes visit atelierdeschefs.co.uk. For further recipe inspiration, visit bbcgoodfood.com/cartedor and cartedor.co.uk.

When you're ready, send in your original recipe that works perfectly with Carte D'Or Vanilla and the Good Food team will judge it, picking the best two to win. For details on how to enter online, by email or post, visit bbcgoodfood.com/cartedor. The closing date for entries is 7 December 2010.

ns and conditions Promoter: Unilever, Unilever House, Springfield Drive, Leatherhead, Surrey KT22 7GR Please note that the winning entries will be published on bbcgoodfood.com/cartedor. For full terms and conditions, visit bbcaoodfood.com/cartedor.









Dip into the festive spirit

Add great taste to all your parties. Serve Asda's Christmas dip range with its mix of vibrant and tantalising flavours, ideal to match with all your favourite party food – and all at Asda's excellent quality and value



f you're getting into the festive spirit this year, chances are you'll be having a few friends round for drinks and nibbles. While corks are popping and dinner is cooking, let your guests indulge in bowls of crudités and bite-size canapés – but to make it even better, add some interesting dips.

This Christmas, Asda has introduced an excellent variety to brighten up any party, all at the best quality and value. To get started, pick up the Extra Special Christmas multipack with its four tempting dips in one pack: Davidstow cheddar and slow roast tomato; Wyke Farms Somerset vintage cheddar and caramelised onion; Roasted red and yellow pepper salsa, and Red pesto and rocket flavour.

Flavours that will add an extra dimension, they make an excellent choice served with crunchy vegetable batons, savoury biscuits, hot-from-theoven potato wedges or bowls of nachos.

love the Tex-Mex multipack with its Hot tomato salsa with chilli and coriander (see right for other dips in the range). The Asian-style dip selection, too, is a winner, including a cooling Raita, Sweet Chilli and a Mango Chutney (see right, for more). They're fantastic with poppadoms, spring rolls, bhajis and more. Lastly, don't forget the Cool salsa dip, it's so versatile it goes with just about everything.

In fact, all year round you'll find that Asda has an excellent range of dips to brighten up anything from warm pitta bread to tortilla chips or a full-on Asian-inspired meal.

The Christmas dip range is in stores nationwide from 6-31 December.

If you're catering to a theme, you'll



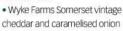


Take your dip

All year round, Asda offers an excellent range of great-value dips, but make sure to try the new Christmas range. listed below. With flavours from around the world, as well as classic British ones. they'll jazz up all kinds of dishes.

EXTRA SPECIAL CHRISTMAS MULTIPACK, 500G, RRP £3





- · Roasted red and yellow pepper salsa
- · Red pesto and rocket

TEX-MEX MULTIPACK, 430G RRP £2

- Hot tomato salsa with chilli and coriander
- Guacamole
- with avocado, tomato and chilli
- . Sour cream and chive with mayonnaise · Chilli cheese with mature cheddar

and coriander

ASIAN-STYLE DI SELECTION. 500G, RRP £2

 Raita (mayonnaise and

yogurt dip with cucumber, spring onion and mint)

- · Sweet chilli · Mango chutney
- Hoisin dip

COOL SALSA. 300G, RRP £1

 Cool salsa with fresh tomato. onion, garlic, coriander, oregano and lime juice



bbcgoodfood.com 163



Have fun creating **Annie Rigg's** sweetshop temptations, then package them up for a memorable handmade present

Chocolate truffles

MAKES about 35 PREP 1 hr plus chilling COOK 15 mins Moderately easy

FOR THE TRUFFLES

finely chopped

200ml/7fl oz double cream
75g/2½oz light muscovado sugar
250g/9oz best-quality dark chocolate,
finely chopped
PLUS CHOOSE ONE FLAVOUR
Candied orange – 50g/2oz candied
orange peel, finely chopped
Stem ginger – 50g/2oz stem ginger in
syrup, drained and finely chopped
Cherry & coconut – 50g/2oz desiccated
coconut, lightly toasted, and 100g/4oz
dried morello cherries, chopped
TO COAT

150g/51/20z best-quality dark chocolate,

1 To make the truffles, line a baking tray with non-stick baking parchment. Put the cream, sugar and a pinch of sea salt into a pan. Bring to the boil over a medium heat, stirring to dissolve the sugar, then reduce the heat and simmer very gently for 1 min. Put the chopped chocolate into a bowl. Remove the pan from the heat, pour the hot cream over the chocolate, then stir until the chocolate has melted and the mixture is smooth. Add the flavour you have chosen and mix thoroughly, then leave to cool and set in the fridge for about 2 hrs.

2 Scoop 1 tsp of the set truffle mixture into the palm of your hand. Ouickly roll

into the palm of your hand. Quickly roll it into a ball and put on the lined baking tray. Repeat with the remaining mixture. Chill the truffles until firm.

3 To temper the chocolate for coating the truffles, place 100g of the finely

TIP

Stored in a cool place, truffles will keep for up to 1 week. If kept in the fridge, bring them out 30 mins before serving.

chopped chocolate in a small bowl set over a pan of barely simmering water - the bottom of the bowl should not come into contact with the water or the chocolate may scorch. Stir the chocolate until melted and smooth. Remove the bowl from the pan and add the remaining 50g chopped chocolate. Stir until melted and thoroughly combined and the chocolate has cooled and thickened slightly. Return the bowl to the pan and warm the tempered chocolate over the water once more. It is now ready to use. 4 Lay out a clean sheet of baking parchment. Taking 1 truffle at a time, drop it into the tempered chocolate. Using a fork and working quickly, roll the truffle to coat in the chocolate, then lift it out and allow the excess to drip back into the bowl, tapping the fork on the edge. Carefully slide the truffle off the fork onto the clean baking parchment. Repeat with the remaining truffles and leave to harden before packaging them in paper cases and pretty boxes.



Sea-salted caramels

MAKES about 20 PREP 10 mins COOK 20 mins Moderately easy

a little sunflower oil
150g/5½oz caster sugar
150g/5½oz light muscovado sugar
100g/4oz unsalted butter
200ml/7fl oz double cream
3 tbsp golden syrup
1 tsp sea salt flakes

TIP

Package the

marshmallows

in striped paper

bags. Stored in

an airtight box,

for up to 3 days.

they will keep

1 Oil a 15-17cm square tin. Put the caster sugar into a deep pan with 2 tbsp cold water. Place the pan over a medium heat until the sugar has dissolved, then bring to the boil and continue to cook until the sugar has turned a deep amber-coloured caramel. Remove the pan from the heat and immediately stir in the remaining ingredients until the mixture is smooth. 2 Return the pan to the heat and bring back to the boil. Continue to cook until the caramel reaches 120C/248F on a sugar thermometer. Remove from the heat, leave to settle for 30 secs, then pour into the prepared tin. Leave until cold before turning out of the tin and breaking into pieces.

TIP Wrap each caramel in a twist of non-stick baking parchment. Stored in an airtight box or in a jar, they will keep for 4-5 days.

Pink & white vanilla marshmallows MAKES about 30 PREP

MAKES about 30 PREP 25 mins plus setting COOK 20 mins Moderately easy

1 tbsp each icing sugar and cornflour a little sunflower oil 2 tbsp powdered gelatine 400g/14oz granulated sugar 50g/2oz golden syrup 2 large egg whites 1 tsp vanilla extract pink food colouring paste

1 Mix the icing sugar and cornflour. Lightly oil a 23cm square tin with a 5cm depth. Dust with the icing sugar mix, tipping out and reserving the excess.
2 Put 6 tbsp cold water into another bowl, sprinkle over the gelatine and set aside. Tip the granulated sugar into a pan, add 250ml water and the golden syrup, and place over a medium heat until the sugar has dissolved. Bring to the boil and cook until the syrup reaches 120C/248F on a sugar thermometer. Remove from the heat, add the sponged gelatine and stir until the gelatine has melted.

3 Whisk the egg whites with a pinch of salt in the bowl of an electric mixer fitted with a whisk attachment until they hold a stiff peak. Add the vanilla and the hot syrup in a steady stream and whisk for a further 3-4 mins until the mixture holds a ribbon trail when the beaters are lifted.
4 Pour half the mixture into the tin in an even layer. Add a tiny bit of pink food colouring paste to the remaining mixture,

white layer. Leave to set for at least 2 hrs. **5** Dust a board with the reserved icing sugar mix. Carefully tip the marshmallow out on top, cut into squares using a sharp knife, and dust the cut marshmallows.

stir until evenly tinted, then pour over the





Raspberry & passionfruit pastilles
MAKES 20 PREP 20 mins plus setting
COOK 40 mins

a little sunflower oil
400g/14oz raspberries
3 passionfruit
juice ¼ lemon
about 300-400g/11-14oz preserving
sugar with added pectin
caster sugar, to serve

1 Lightly oil a 17cm square baking tin and line with non-stick baking parchment. Tip the raspberries into a heavy-bottomed shallow pan. Halve the passionfruit, then scoop the seeds and juice out into the pan. Add the lemon juice, cover the pan and cook over a medium heat until the raspberries have softened and cooked down to a pulp.

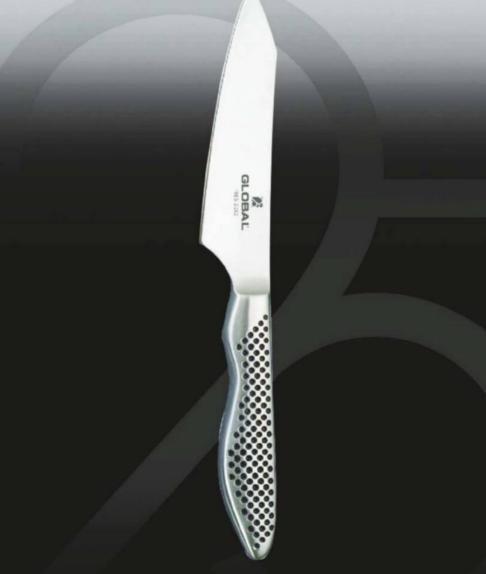
2 Remove from the heat and push the fruit mixture through a fine nylon sieve into a bowl. Weigh the resulting purée and return it to a clean pan. Add an equal weight of preserving sugar and stir over a low to medium heat until dissolved. Continue to cook for about 30 mins, stirring frequently with a wooden spoon, until the purée has reduced and thickened to the consistency of jam and reached setting point (for more advice, visit bbcgoodfood.com and click on How to cook). Using a rubber spatula, scoop the purée into the prepared tin and leave to set for at least 6 hrs or overnight. 3 Cover a baking sheet with a sheet of non-stick baking parchment sprinkled liberally with caster sugar. Flip the pastille mixture out of the tin and onto the sugar-covered paper, then carefully peel off the backing paper. Cut into pastilles and toss in the sugar to coat completely. Leave to dry for 1 hr before packaging in a jar. The pastilles will keep for 4-5 days.

 Recipes adapted from Gifts from the Kitchen by Annie Rigg (£16.99, Kyle Cathie). You can buy it for the special price of £15.29. Call 01326 569444 (p&p is free) or visit bbcgoodfood.com/sparkledirect



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Rich fruit Christmas cake

MAKES 1 x 18cm cake PREP 20 mins plus overnight soaking COOK 1½-2 hrs

FOR THE CAKE

75g/2½oz currants 75g/2½oz sultanas

350g/12oz raisins

50g/2oz mixed peel 150ml/1/4pt whisky

zest and juice 1 lemon

vegetable oil, for the tin

140g/5oz gluten-free flour mix (see tip)

1 tsp gluten-free baking powder

1 tsp xanthan gum (see tip)

1 tsp mixed spice

1 tsp ground allspice

140g/5oz unsalted butter, softened

140g/5oz soft dark brown sugar

3 medium eggs, at room temperature

50g/2oz ground almonds

2 tbsp semi-skimmed milk

100g/4oz natural-coloured glacé cherries, washed and halved

1 tbsp black treacle

1 tbsp clear honey

FOR THE DECORATION

2 tbsp smooth apricot jam, warmed 100g/4oz mixed glacé fruits (such as red or green cherries, ginger, melon or pineapple)

50g/2oz nuts (try using almonds, walnuts or pecan halves)

BAKING

This recipe is from Seriously Good!

Gluten-free Baking by Phil Vickery (£19.99, Kyle Cathie). To buy the book for £17.99, call 01326 569444 or buy online at bbcgoodfood.com/ sparkle direct. P&p is free. 1 Place the dried fruit and mixed peel in a pan. Add the whisky, lemon zest and juice and bring to the boil. Take the pan off the heat, cover and leave to soak overnight. Heat oven to 150C/130C fan/gas 2. Oil and line the base and sides of a 6-8cm deep round or square 18cm cake tin with a double layer of baking parchment, including a tall collar sticking up.

2 Sift the flour mix, baking powder, xanthan gum and spices. In a separate bowl, beat the butter and sugar until fluffy and light. Gradually and alternately add the eggs and flour mix to the butter and sugar mix, then add the ground almonds. Stir in the milk, soaked dried fruit and cherries. Finally stir in the treacle and honey and give everything a good stir.

3 Spoon the mixture into the tin and bake for 1½-2 hrs or until a skewer inserted into the centre comes out clean. Leave to cool in the tin.

4 To decorate, brush the surface of the cake with half the warmed jam. Arrange a selection of glacé fruits and nuts over the top and brush over a second layer of jam to glaze.

TIP

To make a gluten-free flour mix, combine 300g fine polenta or chestnut flour, 500g brown rice flour and 200g cornflour.

You can buy Doves Farm xanthan gum at dovesfarm.co.uk or ocado.com (from £2.49/110g)

TO STORE

The undecorated cake will keep for up to 1 month, tightly wrapped in foil, in an airtight container.

TO FREEZE

When cold, remove the cake from the tin, wrap it (undecorated) in greaseproof paper and two thick layers of foil, then freeze in an airtight container. Defrost for 3-4 hrs. When defrosted, decorate as before.



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Bûche de Noël (French Christmas log)

SERVES 8 PREP 45 mins plus chilling COOK 10 mins

ent cook 🔠 iced but undecorated

FOR THE SPONGE 4 eggs, separated 60g caster sugar, plus extra for sprinkling 60g plain flour 14g melted butter, cooled FOR THE BUTTER CREAM 70g caster sugar 3 egg yolks 240g butter, at room temperature, cut into small pieces 2 tbsp dark rum 6 marrons glacés, chopped FOR THE SOAKING SYRUP 3 tbsp caster sugar 11/2 tbsp dark rum TO DECORATE homemade or good-quality bought chocolate sauce 4 marrons glacés chocolate curls or flakes cocoa powder holly sprig

1 For the sponge, heat oven to 200C/180C fan/gas 6. Line a 32 x 23cm Swiss roll tin with baking parchment. Whisk the egg whites until light and frothy, then continue to whisk while gradually adding the sugar until they reach soft peaks. Quickly whisk in the egg yolks, then sift and fold in the flour followed by the melted butter, keeping the mixture light. Pour mixture into the tin, then gently spread it out and into the corners. Bake for 10 mins until the sponge is a light golden colour and springs back to the touch (do not overcook or it will be difficult to roll). 2 Remove from the oven, turn it out onto a sheet of lightly sugared baking parchment, carefully peel off the lining paper, then lay the lining paper back over the sponge. Leave to cool on a wire rack.

3 Meanwhile, make the butter cream. In a small pan, heat the sugar with 50ml water to 121C (check with a sugar thermometer). Meanwhile, whisk the yolks to a light ribbon stage - about 5 mins. When the sugar syrup has reached the required temperature, carefully pour it over the yolks, then whisk until it has cooled to around 35C. On a slow speed, gradually add the soft pieces of butter, then whisk on full speed for 3 mins. Whisk in the rum. Put one- third of the icing into a separate bowl and stir the chopped marrons into this.

4 To build the bûche, first make a syrup. Mix the 3 tbsp sugar with 2 tbsp water in a small heavy-based pan, heat slowly to dissolve the sugar, then bring to the boil. Remove from the heat and stir in the rum. Lift the lining paper off the cake, spoon the syrup evenly over the sponge so it soaks in (A). Spread the butter cream with the marrons in over the soaked sponge, leaving about a 1cm space all round the edge (B). Roll the sponge into a tight roll from one of the shorter ends, starting by folding over the top edge by about 1cm, then roll up the bûche, making sure that it is tight all the way through (C). Place the join on the underside, then wrap in baking parchment and use it to tighten the bûche. Chill for 15 mins.

5 Unwrap the bûche and place it on a serving plate, still with the join underneath. Evenly spread over the remaining butter cream and, using a fork, mark the cream to give the impression of a log (D). Chill for 30 mins more. The bûche can now be frozen, undecorated. 6 To decorate and serve, drizzle a little chocolate sauce over the butter cream. then decorate with the marrons and chocolate curls. Finish with a dusting of cocoa and a sprig of holly. To serve, cut the bûche into 8 slices using a hot knife. Place a slice on each plate and serve with extra chocolate sauce, if you like.

PER SERVING 477 kcals, protein 6g, carbs 37g, fat 33g, sat fat 19g, fibre 1g, sugar 29g, salt 0.53g



TIP

For an orangeflavoured dessert, you can use Cointreau instead of rum, and 1 tsp orange zest in place of the chestnuts.







- To watch a step-by-step video showing how to roll a Swiss roll, visit bbcgoodfood.com and click on How to cookk. · Look out for
- Raymond Blanc's new BBC Two show early next year



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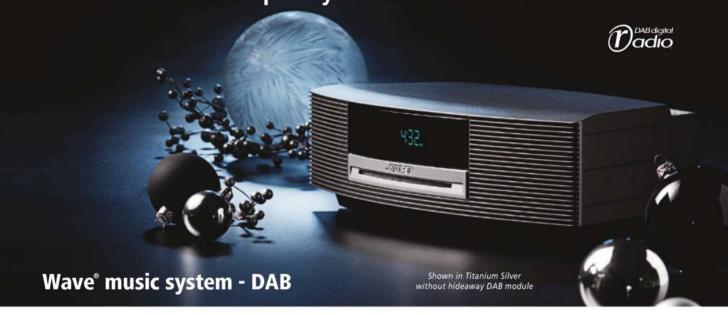
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Honey mustard sausages with tomatoes & eggs

SERVES 6 PREP 10 mins COOK 20 mins

No frying pans needed for this full English breakfast – everything gets cooked together. Thick bacon is also nice with the honey-mustard glaze if you want to use it instead of the sausages.

a little butter, for the dish
18 chipolata sausages
250g/9oz large cherry tomatoes,
some halved, others left whole
1 tbsp wholegrain mustard
1 tbsp honey
12 slices French bread
6 eggs
a few chives, snipped

- 1 Heat oven to 200C/180C fan/gas 6. Butter 1 very large baking tray or 2 small ones. Put the sausages and tomatoes in the tray. Cook for 15 mins, then remove from the oven.
- 2 Mix the mustard and honey together and drizzle over the sausages. Add the bread slices to the tray and crack the eggs in between the other ingredients. Put back in the oven for 6 mins more or until the eggs are just set. Serve with chives sprinkled on top.

PER SERVING 454 kcals, protein 21g, carbs 33g, fat 28g, sat fat 9g, fibre 2g, sugar 7g, salt 2.35g

Mimosas

SERVES 6 PREP 5 mins NO COOK

Kick off your day with this classic simple cocktail, which works with any sparkling wine, Champagne or prosecco. For a non-alcoholic version, mix orange juice with sparkling water.

- 1 bottle Champagne or sparkling wine, chilled
- 1 litre/1¾ pints freshly squeezed orange juice, chilled

Half-fill each of 6 glasses with Champagne, then carefully pour in the orange juice until the glass is full.

PER SERVING 147 kcals, protein 1g, carbs 20g, fat none, sat fat none, fibre none, sugar 20g, salt 0.02g





American-style pancakes with vanilla berry compote

SERVES 6 PREP 20 mins COOK 30 mins

This delicious compote is made with frozen fruits, which are a hidden gem in the winter for taste, colour and ease of use. Best of all, they don't cost much.

FOR THE COMPOTE
500g/1lb 2oz frozen mixed
summer fruits
100g/4oz caster sugar
1 tsp vanilla extract
FOR THE PANCAKES
250ml full-fat milk
2 eggs
4 tbsp sunflower oil, plus extra
for frying
175g plain flour
4 tsp baking powder
1 tbsp caster sugar

- 1 To make the compote, put all the ingredients into a medium saucepan with 1 tbsp water. Stir and simmer gently over a low heat for 15 mins until warm and syrupy.
- 2 Meanwhile, make the pancakes. Mix the milk, eggs and oil in a bowl. In another bowl, mix the flour, baking powder, sugar and 1 tsp salt. Stir the dry ingredients together, then slowly pour in the wet ingredients until just combined.
- 3 Heat a non-stick frying pan and add about 1 tsp oil. Pour in about 75ml of the pancake batter. When bubbles form on top, flip the pancake over and brown the other side. Keep the heat on medium so the middle cooks. Keep warm in a low oven while continuing to make pancakes with remaining batter.
- **4** Serve warm pancakes topped with warm or room temperature compote. PER SERVING 367 kcals, protein 8g, carbs 52g, fat 16g, sat fat 3g, fibre 3g, sugar 29g, salt 1.78g

TIP For an even easier brunch, simply use supermarket-bought American-style pancakes, warmed to serve – we like Waitrose buttermilk pancakes, from the chiller cabinet.



Chocolate & almond croissants

SERVES 6 PREP 5 mins COOK 5 mins

Ready-made marzipan makes a quick version of frangipane when heated. If you're not keen on marzipan, make these using just the chocolate.

6 croissants

100g/4oz marzipan, broken into small pieces

50g/2oz toasted sliced almonds 50g/2oz milk chocolate, chopped

- 1 Heat oven to 180C/160C fan/gas 4. Slice into each croissant lengthways, but don't go all the way through they should open like books. Sprinkle or spread the bottom half of each with marzipan, followed by 1 tsp almonds and 1 tbsp chocolate.
- 2 Close up, put on a baking sheet and sprinkle the remaining chocolate and almonds on top. Bake for 5 mins or until the chocolate has melted. Serve warm. PER SERVING 384 kcals, protein 8g, carbs 43g, fat 21g, sat fat 6g, fibre 2g, sugar 20g, salt 0.67g
- Turn to page 16 to find out how our Reader taste team rated these recipes. For more brunch inspiration, including Cinnamon pecan sticky buns, visit bbcgoodfood.com

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espite the economic climate, Christmas is still the time to splash out, and research shows that nowadays people want to spend their money on 'investment tech' gifts, rather than flash frivolities – so practical gifts, that provide long term value, are at the top of most people's wish-lists.

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Oral-B research shows that 89 per cent of people will be asking for a practical Christmas present rather than luxuries this year, and 86 per cent would rather receive a practical gift anyway

moneymagpie.com's
Jasmine Birtles
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for cutting down on
dental bills

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to visit once a year and keep an eye on your teeth, than risk expensive problems that could have been prevented.

Top teeth tips from Dr James Russell of The London Smile Clinic

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throughout the day is especially bad as your teeth are constantly bathed in sugar.

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These recipes will save the day, time and time again, over the festive period Photographs LIS PARSONS

Christmas slaw

SERVES 6 • PREP 15 mins • NO COOK Easy W Superhealthy Good source of vitamin C, counts as 2 of 5-a-day This salad will keep in the fridge for up to four days. Store the dressing separately in a jam jar, then dress the amount you want just before serving, so the vegetables stay nice and crunchy.

FOR THE SALAD

2 carrots, halved

1/2 white cabbage, shredded 100g/4oz pecans, roughly chopped bunch spring onions, sliced

2 red peppers, deseeded and sliced FOR THE DRESSING

2 tbsp maple syrup

2 tsp Dijon mustard

8 tbsp olive oil

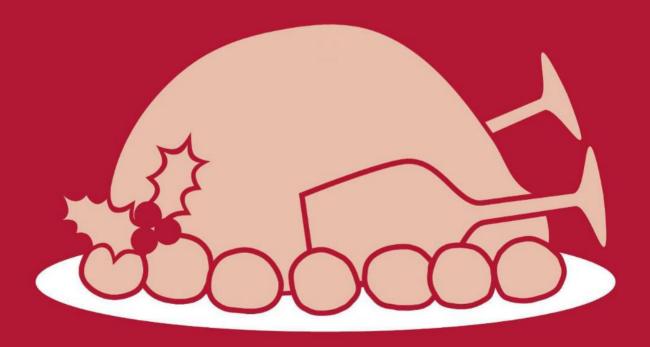
4 tbsp cider vinegar

Peel strips from the carrots using a vegetable peeler, then mix with the other salad ingredients in a large bowl. Combine all the dressing ingredients in a jam jar, season, then put the lid on and shake well. Toss through the salad when you're ready to eat it.

PER SERVING 312 kcals, protein 4g, carbs 14g, fat 27g, sat fat 3g, fibre 4g, sugar 13g, salt 0.17g

> Great with leftover ham or turkey

COOD FOOD WOULD CHOOSE BORDEAUX





Pesto & tomato pasta with crispy crumbs

SERVES 5 • PREP 10 mins • COOK 1 hr

You'll probably already have all these ingredients in your cupboard, so if unexpected visitors show up or guests decide to stay a little longer, rustling up a smart-ish supper won't be a headache

- 1 onion, finely chopped
- 3 garlic cloves, finely chopped or crushed
- 4 tbsp olive oil
- 2 x 400g cans chopped tomatoes
- 2 tsp sugar
- 190g jar basil pesto

few capers or olives (optional)

140g/5oz white bread - stale or fresh, whizzed into crumbs (or 140g/5oz breadcrumbs)

50g/2oz pine nuts, roughly chopped

- 4 tbsp grated Parmesan (optional) 25g/1oz butter
- 350g/12oz-400g/14oz linguine, spaghetti, tagliatelle or whatever you have in the cupboard

- 1 Gently cook the onion and half the garlic in 2 tbsp olive oil for 10 mins until soft. Stir in the tomatoes and sugar and simmer for 15-20 mins until saucy. Stir in half the pesto, some seasoning and a few capers or olives, if you have them. Cover and keep warm.
- 2 While the sauce is simmering, heat oven to 220C/200C fan/gas 7. Toss the crumbs in a large baking tray with the remaining 2 tbsp olive oil, the rest of the garlic, the pine nuts and Parmesan, if

using. Bake for 10 mins, stirring a few times, until golden. Dot over the butter and return to the oven for 2 mins more.

3 Meanwhile, bring a pan of salted water to the boil and cook the pasta. Drain, reserving a little cooking water. Stir through the sauce with a splash of cooking water to loosen, if you need to, ripple through the rem ing pesto and serve scattered with en crumbs. PER SERVING 659 kcals, pro 2g, carbs 82g, fat 29g, sat fat 7g, fibre 5g, 10g, salt 1.51g





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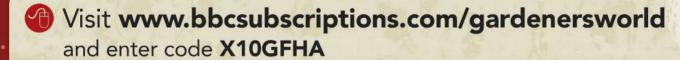




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Easy cheese fondue

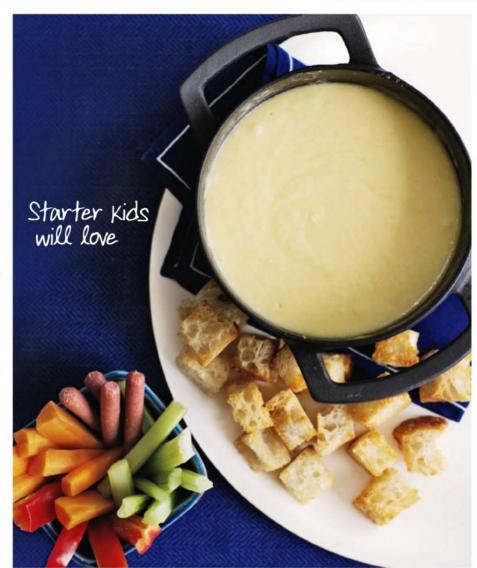
SERVES 6-8 PREP 20 mins 9 COOK 20 mins Easy W &

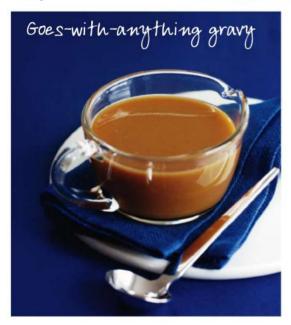
Using mild cheese means everyone in the family can enjoy, and children can eat on the go.

FOR THE FONDUE

- 2 tbsp cider vinegar
- 1 tsp cornflour
- 250g/9oz cheddar, grated
- 250g/9oz Gruyère, grated
- 3 tbsp crème fraîche
- SUGGESTIONS FOR DIPPING
- 4 thick slices bread, such as sourdough, chopped into chunks
- 2 tbsp olive oil
- 2 carrots, cut into batons
- 2 peppers, deseeded and cut into strips
- 2 celery sticks, thickly sliced
- 200g pack mini salamis or 1 thin salami, cut into bite-size chunks
- 1 Heat oven to 200C/180C fan/gas 6. Mix the vinegar with the cornflour and place in a heatproof bowl with the cheeses. Set over a pan of boiling water. Slowly melt the cheese, stirring occasionally. When it's nearly melted, add the crème fraîche and a little black pepper, if you like. Lower the heat and keep warm.
- 2 To make croutons, toss the bread in the oil and a little seasoning on a baking sheet, then bake for 10-15 mins until golden and crisp.
- 3 To serve, put the cheese fondue on a large platter and arrange the croutons, veg and salamis alongside it.

PER SERVING (6, fondue only) 374 kcals, protein 22g, carbs 1g, fat 31g, sat fat 20g, fibre none, sugar none, salt 1.48g





Make-ahead gravy

SERVES 6-8 PREP 10 mins COOK 30-35 mins Easy V 🚳 Gravy is a great essential to keep in the freezer to pair with sausages or chops for a fuss-free supper.

- 1 onion, chopped 2 carrots, finely diced 2 celery sticks, finely chopped
- 2 bay leaves
- 1 large thyme sprig
- large knob of butter
- 1 tbsp sugar
- 2 tbsp plain flour
- 1 tsp Marmite (optional, but it does add colour and depth)
- 1 tbsp tomato purée
- 2 tbsp red wine vinegar
- 1 litre/13/4pts vegetable, chicken or beef stock (depending on what you're serving it with, or who to) soy sauce, to taste

Fry the veg and herbs in the butter for 10-12 mins until the vegetables start to brown. Scatter over the sugar and continue to cook until sticky and caramelised. Stir in the flour until sandy, then add the Marmite, if using, tomato purée and vinegar. Pour over the stock, then simmer everything together until you have a thickened sauce. Sieve, then add soy sauce to season and colour. Use straightaway or cool and freeze.

PER SERVING (6) 84 kcals, protein 2g, carbs 11g, fat 4g, sat fat 2g, fibre 2g, sugar 8g, salt 0.66g

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Baileys banana trifles

SERVES 6 PREP 10 mins NO COOK

Easy 🔀

Even though this dessert is super speedy, it can also be made ahead. Swap the booze for extra toffee sauce if making for children, and assemble it in one big bowl, if you prefer.

300g pot extra-thick double cream 7 tbsp Baileys

- 6 chocolate brownies (about 250g/9oz), broken up, or use crumbled chocolate biscuits or loaf cake
- 3 bananas, sliced 500g pot vanilla custard 6 tbsp toffee sauce
- 25g/1oz chocolate, grated

Mix the cream with 1 tbsp Baileys, and set aside. Divide the brownie pieces between 6 glasses, then drizzle each with 1 tbsp Baileys. Top with the sliced bananas, custard and Baileys cream, dividing equally, then drizzle with toffee sauce and finish with grated chocolate. Can be made a few hours ahead.

PER SERVING 689 kcals, protein 7g, carbs 63g, fat 46g, sat fat 26g, fibre 2g, sugar 53g, salt 0.43g

Peppermint hot chocolate

SERVES 6 ● PREP 2 mins ● COOK 10 mins

10-minute pudding

There's nothing like a hot chocolate when you come in from the cold, and homemade tastes even better. Peppermint candy canes add a festive touch as tasty stirrers.

200g bar plain chocolate, broken into chunks

600ml/1pt milk

150ml pot single or double cream sugar, to taste

6 peppermint candy canes, to serve

1 Put the chocolate in a pan with the milk. Gently heat, stirring until all the chocolate has melted. Continue heating until the milk is steaming, then remove from the heat and stir in the cream.

2 Divide the hot chocolate between 6 mugs, add sugar to taste and hang a candy cane on the edge of each. Pass the mugs round and let everyone stir their hot chocolate with their candy cane – letting as much of the sweet peppermint dissolve as they fancy.

PER SERVING 324 kcals, protein 6g, carbs 42g, fat 16g, sat fat 9g, fibre 1g, sugar 42g, salt 0.14g



Introducing the new of the new of

Exclusive to Robert Dyas, these gadgets have all the features to help make light work of kitchen tasks. Plus, buy more than one and you'll save up to 20%

Halogen oven £39.99 (149583)

Grill, bake, roast, steam, fry and defrost: halogen ovens are versatile, more energy efficient and up to eight times faster than the convection type. No preheating necessary, it offers the speed and convenience of a microwave but with the golden, crisp results of an oven. It has a 17-litre capacity, heat control, timer, self-cleaning feature and all the accessories you need.

Buffet server and warming tray £39.99

Make entertaining a breeze: this tray keeps food at the perfect temperature before and during the meal, plus your guests can help themselves, too. Comprises a large 3-litre compartment and two x 2-litre compartments, temperature control and removable, non-stick travs for easy cleaning.





blender £16.99 (149585)nuo

This simple-to-use one-touch hand blender has stainless-steel blades to blitz food in moments and two speeds to handle different foods. The additional whisk and mini chopper attachments will make this compact appliance an indispensable tool in the kitchen



Robert Dyas

Home. Made.

Panini press and grill £24.99 (149610)

A compact double grill that won't take up lots of cupboard or worktop space, but will cook a couple of paninis or steaks with ease.



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Celebrate tradition

Sainsbury's is passionate about great food, especially when it comes to all your Christmas favourites, that's why it offers you the very best in taste and quality with its premium Taste the Difference range



hristmas wouldn't be Christmas without a succulent roast turkey with all the trimmings, delicious desserts and the odd bottle of bubbly. Of course, you can find all that and more at Sainsbury's with its plentiful festive food and drink ranges.

And you can make Christmas even more special with its Taste the Difference selection of food and drink, knowing that at Sainsbury's, quality and fair prices go hand-inhand with each other.

Treat any festive guests, expected or otherwise, with Italian-inspired fresh-baked Christmas goods from the Taste the Difference range. Sainsbury's works with the Corsini family, third generation bakers in rural Tuscany, to ensure all its produce is as authentic as possible.

There's the tempting Almond Panettone, made using the Corsini's 40-year-old 'mother dough' to create a light, buttery texture, and the mouthwatering Panforte is a traditional Tuscan Christmas cake baked with honey, spices, candied fruit and almonds, to name but two examples.

When it comes to dinner, for a distinctly regal starter – or a luxurious Boxing Day brunch – let King Roe on Scallops and King Prawns take centre stage, alongside sweet, delicate Langoustine – all fresh, sustainable and responsibly sourced.

For the main course there's the Taste the Difference Norfolk Black Turkey. Free range, reared in woodland on small farms across East Anglia and Freedom Food approved, it's a slower growing breed that delivers a denser, more juicy meat with a fuller flavour. The Woodland Trust receives 10p from every one sold at Sainsbury's.

If you'd prefer a turkey alternative, you can enjoy the Taste the Difference Dry Aged Fore Rib of Beef. Available from Sainsbury's butchers' counters, it's matured for tenderness and depth of flavour, and the bones have been left in to add even more taste.

Finish up with a traditional dessert with a twist such as the Taste the

ABOVE Norfolk
Black Turkey,
£8.99 per kg,
For the crown,
£13.99 per kg
RIGHT Taste the
Difference Dry
Aged Fore Rib of
Beef, £10 per kg



Perfect match

Bring out all the flavours in your food by pairing it with a complementing wine. Try the Dry Aged Fore Rib of Beef with the Taste the Difference Crozes Hermitage, £8.49.



The perfect turkey

Don't miss out, turkey order forms are available in-store at customer services desks until 12 December. Simply choose your preferred turkey size, from 3-7kg, and a collection date to suit you between 21-23 December.

It will taste lovely paired with a white wine such as Taste the Difference Chablis (£8.99), or

a red like Taste the Difference Côtes du Rhône Villages (£5.99).



For more information and recipe inspiration, visit sainsburys.co.uk





Difference Fruit Topped Christmas Pudding, aged for six months so all the wonderful flavours are fully developed in time for the big day.

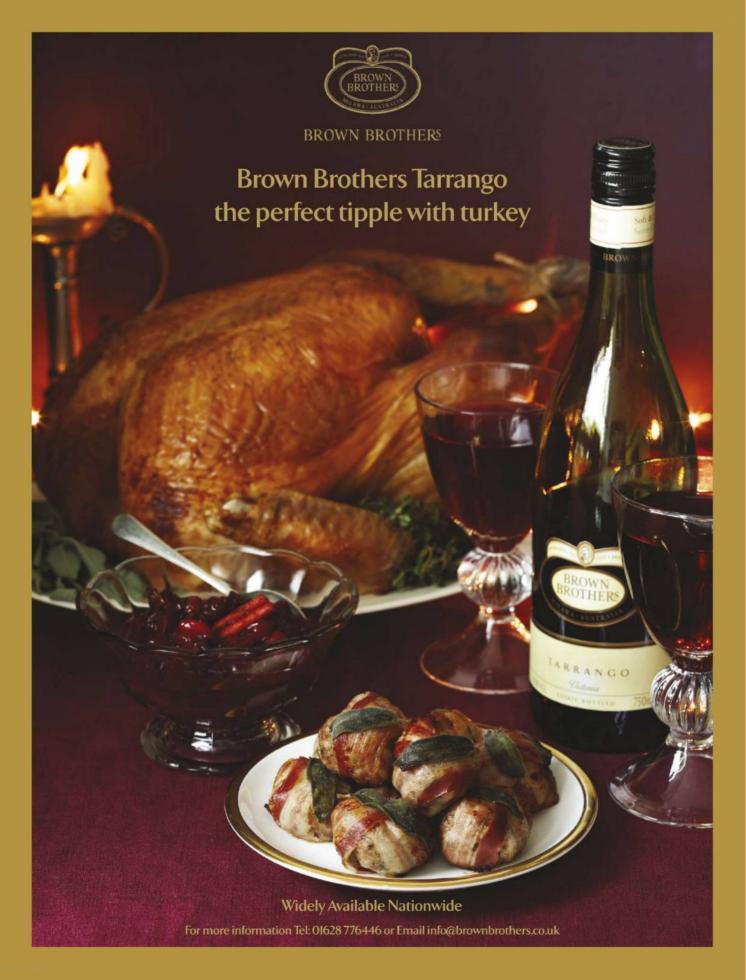
Or those with a sweet tooth can indulge in sumptuous chocolate desserts. The Taste the Difference Gift Cake looks great and tastes even better. Made with Santo Domingo chocolate, the square is a light sponge, topped with rich mousse laced with brandy and finished with a white chocolate ribbon. The Triple Layer Chocolate Cake and the Chocolate Box cake are equally as tempting.

Wash it all down with Blanc de Blancs Champagne (£16.99) or wine from Sainsbury's vast selection, see the suggestions on the opposite page.



CLOCKWISE FROM ABOVE King Roe on Scallops, 99p each King Prawns, £22.90 per kg and Scottish Langoustine, £15.90 per kg Chocolate desserts, from £3.50 Italian bakery products, from £2.19 Fruit Topped Christmas Pudding, £9.99 for 900g





The sement of th

Make sure none of those Christmas goodies go to waste with **Lucy Netherton**'s deliciously thrifty recipes Photographs MYLES NEW

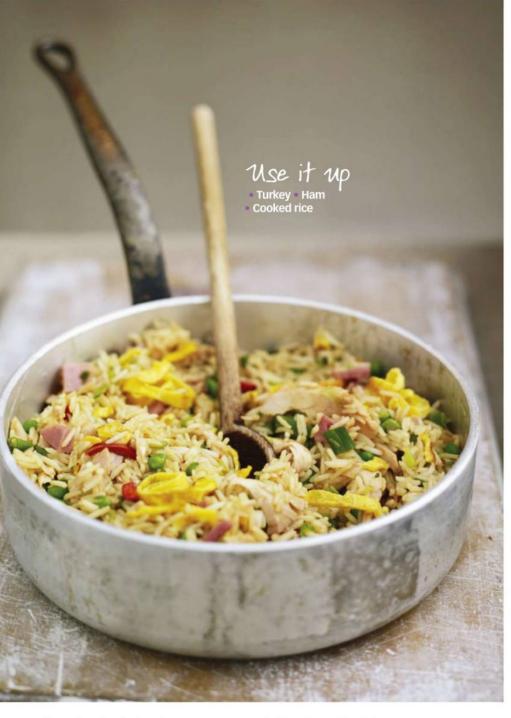
Use it up • Turkey • Cream Cranberry sauce

Food styling VAL BARRETT | Styling VICTORIA ALLEN

Mini turkey & cranberry pies
- recipe p194

recipe F

goodfood.com 193



Speedy spicy turkey rice

SERVES 2 PREP 5 mins COOK 10 mins

If you don't have any cooked rice to hand, use a pouch of straight-to-wok rice.

2 tsp sesame oil
2 eggs, beaten
1 red chilli, sliced (optional)
small bunch spring onions, chopped
300g/11oz cold cooked rice
2 tbsp each soy and sweet chilli sauce,
plus extra to serve
85g/3oz frozen peas
2 thick slices ham, chopped
100g/4oz shredded leftover turkey

1 Heat half the oil in a wok or frying pan. Add the eggs, swirl to coat the base of the pan and allow to set to an omelette, flip and cook for 1-2 mins. Once cooked, remove, shred and set aside. Add the remaining oil to the pan, then stir-fry the chilli, if using, and spring onions for 1 min.

2 Add the remaining ingredients and the egg, and heat through, stirring,

the egg, and heat through, stirring, until piping hot. Serve immediately with some extra soy and sweet chilli sauce, if you like.

PER SERVING 491 kcals, protein 34g, carbs 59g, fat 15g, sat fat 4g, fibre 3g, sugar 12g, salt 4.74g

Mini turkey & cranberry pies

MAKES 8 PREP 20 mins plus chilling COOK 25 mins 20

These dinky pies are so versatile – try them with chopped ham and mustard, too.

500g pack shortcrust pastry plain flour, for dusting 250g/9oz shredded leftover turkey 8 tbsp double cream or crème fraîche 8 tsp cranberry sauce 1 egg, beaten

1 Roll out the pastry on a floured surface so that it's just thinner than a £1 coin. Cut out 8 x 10cm circles using a pastry cutter or small saucer, then cut 8 x 9cm circles for the lids – you may need to re-roll the trimmings. Push the larger circles into 8 holes of a muffin tin, then divide the turkey, cream and cranberry sauce between them. Season well and brush the edges with a little egg. Place a lid on top of each and pinch the sides together to seal. Chill for 15-20 mins.

2 Heat oven to 200C/180C fan/gas 6. Brush the tops with more egg, then bake for 25 mins until the pastry is crisp and golden. Serve warm, or leave to cool and enjoy cold.

PER PIE 430 kcals, protein 15g, carbs 33g, fat 28g, sat fat 12g, fibre 1g, sugar 3g, salt 0.74g

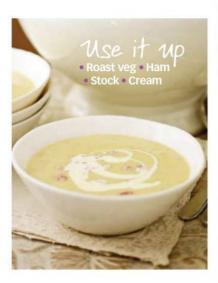
Cheeseboard macaroni bake

SERVES 6 PREP 10 mins COOK 25 mins

400g/14oz macaroni 50g/2oz butter 50g/2oz flour 700ml/1¼pts milk 1 tsp mustard powder 250g/9oz leftover cheese of your choice, grated or crumbled, plus a little extra 50g/2oz breadcrumbs

- 1 Cook the macaroni. Meanwhile, make the sauce. In a small pan, melt the butter, then stir in the flour and cook for 1 min, stirring. Pour in the milk a little at a time, stirring really well each time to get rid of any lumps. Continue until all the milk is added, then bring to the boil, stirring all the time so it doesn't get lumpy. Cook for 2 mins until thickened. Add the mustard powder, cheese and a grind of pepper.
- **2** Heat grill to high. Pour the pasta into the cheese sauce and mix well. Transfer to an ovenproof dish and top with a little extra cheese and the breadcrumbs. Grill for 2-3 mins until golden and bubbling. PER SERVING 583 kcals, protein 25g, carbs 69g, fat 25g, sat fat 15g, fibre 3g, sugar 8g, salt 1.17g

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Spiced parsnip & ham soup SERVES 4 PREP 5 mins COOK 20 mins

You can easily double or halve this soup, depending on how much food you have left over.

- 1 tbsp olive oil
- 1 tbsp mild curry powder 250g/9oz cold roast potatoes and
- parsnips 1 litre/13/4pts chicken or turkey stock
- 100ml/4fl oz double cream, plus extra to drizzle
- small handful shredded ham
- 1 Heat the oil in a saucepan and fry the curry powder for 1 min until fragrant. Stir in the veg, cover with three-quarters of the stock and simmer for 5-10 mins. 2 Blend the soup until very smooth with a hand blender or food processor, adding more stock if the soup is too thick. Stir in the cream and ham, then return to the pan and gently reheat. Season and serve with a drizzle of cream on top. PER SERVING 283 kcals, protein 11g, carbs 15g, fat 20g, sat fat 8g, fibre 3g, sugar 2g, salt 0.87g



Christmas pudding strudel

SERVES 6 PREP 10 mins COOK 25 mins

If you've devoted hours of TLC to your Christmas pud, it makes sense to turn any you didn't eat into a brand-new dessert. This strudel is so good, no one will guess it was made from leftovers.

250g/9oz Christmas pudding, crumbled 250g tub mascarpone 2 tbsp Baileys 4 sheets filo pastry 25g/1oz melted butter icing sugar, for dusting cream or custard, to serve

1 Heat oven to 200C/180C fan/gas 6. Mix the pudding, mascarpone and Baileys. Lay out a sheet of filo on a large flat baking tray, brush with some melted butter and lay another sheet on top. Repeat with more butter and filo until you have 4 layers.

2 Place the filling in a log in the centre and brush the border with butter. Roll up to enclose the filling, then brush with the remaining butter. Can be chilled for 1 day until ready to bake. Bake for 20-25 mins until golden brown, dust with icing sugar and serve warm with cream or custard. PER SERVING 424 kcals, protein 4g, carbs 38g, fat 29g, sat fat 17g, fibre 1g, sugar 24g, salt 0.48g

For lots more inspiration for all your leftovers, including a lovely Christmas pie, visit bbcgoodfood.com

· Got any leftover nuts and biscuits? Turn to p218 for a gorgeous chocolate recipe

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A healthy diet during pregnancy can help prevent birth defects and clefts. Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. The U.K. Government recommends women should take sufficient levels of folic acid (400 micrograms/day) during the first theelve weeks of pregnancy to help prevent heural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven in oreduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven in oreduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven in oreduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven the reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven the risk for cleft lip and palate. When for lip and palate. When fore lip and palate. When for lip and palate. When for lip and palat

Recipes from Bill's Tasty Weekends MasterChef: The Professionals Giles & Sue Live The Good Life Edwardian Farm Hairy Bikers' Cook Off & recipes

Saturday Kitchen

BBC Radio 2's Chris Evans joins James Martin in the Saturday Kitchen studio on 27 November for James' 200th show. More than 1,000 eggs have hit the omelette pans since James cooked with guest chefs Paul Rankin and Antonio Carluccio on his first programme in June 2006.

Although Atul Kochhar has been the show's most frequent guest chef over the years, there is one chef, other than James, who has been in every episode. Yes, you can rely on there always being a clip from a classic Rick Stein series, and Rick will appear live on the 20 November programme.

Food & Farming Awards

Sheila Dillon presents a Food Programme special, recorded at this year's Radio 4 Food & Farming Awards, on Friday 26 November at 9pm. You can find out more about the winners and their success stories in the programme on Sunday 28 November at 12.30pm.

Behind the scenes

BBC One's Turn Back Time provided valuable lessons for fifth-generation baker Tom Herbert. The new six-part series takes five shopkeeping families back to Victorian Britain and the birth of the high street, then through to the 1970s. Tom's task, with social historian Juliet Gardiner and Gregg Wallace, is to guide modern-day shopkeepers taking on the traditional roles of butcher, baker, grocer, ironmonger and dressmaker.

What was the series' aim? The goal was to help Shepton Mallet, where we filmed the

series, fall back in love with its high street. Like many towns, its high street shops are under threat from shopping centres. We wanted to take the local people back in time and show them what a vibrant town centre could do for them. **Biggest surprise?**

The lack of choice - there was just one bakery, offering one or two different types of

bread. What also surprised modern-day shoppers was how much of their income went on food in former eras. Most unusual product? Obesity soap, sold by the grocer in Edwardian times - it claimed to help you slim by simply washing with it! The most difficult part? Leaving - the local people developed a real affection for the shopkeepers. After the Silver Jubilee celebrations, we handed the town back to them. There were a lot of tears from older people who could remember how the town used to be.

Lessons you've learnt?

That shopkeeping is really about customer service. Small shops can't compete on cost, so the way that they care for their customers is what sets them apart. Throughout the eras, a lot of passion and thought went into their shops.

. Turn Back Time starts in November on BBC One



The gifts money can't buy

Giving homemade food presents has a long tradition and makes sense for today's moneywise cooks, says Simon Parkes of BBC Radio 4's The Food Programme

FOOD I have decided that the most gorgeously addictive thing I've eaten all year is candied

grapefruit peel. I adore its hauntingly fragrant flavour, both tart and sweet, its gelatinous texture, and the fact that it is just utterly grapefruity. How a couple of repeated bouts of boiling can transform an otherwise mundane thing! What's more, I've been shown how to make it, and am determined that the chosen few will each receive a bag of candied peel this Christmas.

That's the thing about Christmas. Cultures around the world see it as a unifying moment when we give and receive special foods, things we don't normally consume at other times of the year. When you factor in that homemade element, the one that makes the recipient misty-eyed with pleasure, you know you're on to a winner. And there's the added bonus that making your own is perfect in these credit-crunch times.

Giving handmade foods as gifts puts us in good company. Many pre-Christmas religious festivals across Europe have links to specific foods. Madeira's Day of the Immaculate Conception (8 December) involves baking bolo de mel, a honey cake containing candied peel, while saffron buns called lussekatter, Lucy's cats, are given out on 13 December, St Lucy's Day in Sweden. Baking is key to these customs, and Christmas is the ideal time to try something new, like Swiss birnbrot filled with pears

and kirsch, all wrapped in sweet dough. But you've got plenty of room for manoeuvre: everything from fudge to Florentines, chutneys to jams, pickled pears to raspberry vinegars. All can be made ahead, and all will be appreciated.

And if my version of candied grapefruit doesn't make the grade, I'll be reverting to my fail-safe recipe, mum's marvellous lemon curd - the finest antidote to all that Christmas richness. I know it's not traditional, but it is, believe me, perfect for Christmas.



Mum's marvellous lemon curd Melt 4oz unsalted butter, then add zest and juice 4 unwaxed lemons. Gradually stir in 12oz caster sugar until dissolved, then thoroughly and very slowly add 6 well-beaten eggs, stirring continuously over a low heat until thickened, 10 mins. Sieve, if you like, then put into 3 x 300ml sterilised jars. Allow to cool, then chill.

For Lemon curd ice cream, whizz 1 litre vanilla ice cream until soft. Fold in 1 jar lemon curd, then return to the freezer for 2-3 hrs until firm. And Bob's your uncle - it's that simple.

• The Food Programme is on BBC Radio 4 on Sundays at 12.30pm, repeated on Mondays at 4pm.

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Bill's Tasty Weekends

Australian chef Bill Granger cooks these dishes in his new series for the Good Food channel – 249 Sky or 260 Virgin – weeknights at 8pm from Monday 29 November



Spicy beer-battered fish & spicy mint chutney

SERVES 4 PREP 25 mins COOK 10 mins Moderately easy

FOR THE CHUTNEY

- 3 large handfuls mint leaves
- 2 tomatoes, chopped
- 1 large hot green chilli, chopped
- 1 garlic clove, finely chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lime juice

FOR THE FISH

250g plain flour, plus extra for dusting fish

- 1 tsp baking powder
- 2 tsp mild curry powder
- 125-150ml beer
- 125-1501111 Dee1
- olive oil, to shallow fry
- 4 firm white fish fillets, such as pollack, cut into 4-5cm chunks watercress sprigs, to serve
- 1 For the chutney, wash the mint leaves, pat dry, then put them in a food processor or blender with the tomato, chilli, garlic, olive oil and lime juice. Blitz until puréed you might need to add a bit of water to help it on its way. Keep the chutney in the fridge until ready to serve.

 2 For the fish, sift the flour, baking powder and curry powder into a large mixing bowl and season with

salt and coarsely ground black pepper. Make a well in the centre. then whisk in enough beer to make a smooth batter - aim for the consistency of single cream. 3 Heat enough olive oil to come 5cm up the sides of a deep sauté pan. Dust the fish fillets lightly in flour and then dip in the batter, shaking off any excess. Carefully lower the fish into the hot oil and fry for about 8-10 mins or until golden and crisp. Remove with a slotted spoon and drain on kitchen paper. Serve with the chutney and some watercress sprigs.

Asian marinated pork with rice noodle salad

SERVES 4 PREP 20 mins plus marinating COOK 10 mins

FOR THE CHOPS

- 1 tbsp caster sugar
- 2 tbsp fish sauce
- 4 garlic cloves, crushed
- 1 tbsp lightly flavoured oil,
- such as groundnut oil 4 pork loin chops
- FOR THE DRESSING
- 1 long red chilli, chopped
- 1 garlic clove, crushed
- 3cm piece ginger, finely grated 50g caster sugar

- 60ml rice vinegar 2 tbsp lime juice 1 tbsp fish sauce
- FOR THE SALAD
- 200g rice vermicelli noodles
- 1 tsp groundnut oil
- 2 tbsp caster sugar
- 2 tbsp rice vinegar
- 1 large carrot, shredded ¼ small red cabbage, shredded large handful mint leaves small handful basil leaves 50g cashew nuts (optional),
- 50g cashew nuts (optional), lightly toasted and chopped
- 1 For the pork, mix the sugar, fish sauce, garlic and oil in a shallow dish. Add the pork chops and coat both sides with the mixture. Leave to marinate for 2 hrs.
- 2 For the dressing, put the chilli, garlic, ginger, sugar and vinegar into a small pan set over a medium heat and stir until the sugar has dissolved. Simmer until the sauce has reduced by half about 5 mins. Set aside to cool, then stir in the lime juice and fish sauce.
- 3 For the salad, put the noodles into a large heatproof bowl and pour over enough boiling water to cover. Leave to soak for 10 mins or until soft. Rinse under cold running water, drain well and toss with the oil.
- 4 Mix the sugar and rice vinegar together, then pour over the carrot and leave to marinate for 20 mins. Drain the carrot and add to the noodles with the cabbage, mint and basil leaves and toasted cashew nuts. Moisten with the dressing and toss everything together.

 5 Heat a sturdy, large frying pan over a medium heat and cook the marinated pork for about 4-5 mins on each side or until tender and caramelised. Serve straight away with the noodle salad.

Spicy beans with scrambled eggs

SERVES 4-6 PREP 20 mins COOK 55 mins SESY V

FOR THE SPICY BEANS 1 tbsp extra virgin olive oil 1 onion, finely chopped

3 garlic cloves, crushed

- 1 green chilli, seeds removed and finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 1/2 tsp turmeric
- 400g can chopped tomatoes
- 2 tsp brown sugar
- 2 x 400g cans red kidney
- beans, rinsed
- juice 1 lime
- handful coriander leaves
- 75g feta or vegetarian alternative, crumbled
- 3 spring onions, thinly sliced
- FOR THE SCRAMBLED EGGS
- 8 eggs
- 375ml double cream 40g unsalted butter
- 1 Heat oven to 160C/140C fan/ gas 3. Heat the olive oil in a large flameproof casserole over a medium heat and cook the onion for 5 mins or until softened. Stir in the garlic and chilli and cook for a further min, then stir in the spices. Cook, stirring, for 2-3 mins. Add the tomatoes and sugar, pour in 125ml water and bring to the boil. Reduce the heat and simmer for 10 mins. 2 Tip in the kidney beans, stir well
- and season with salt and pepper.
 Put the lid on, transfer to the oven and bake for 30 mins until the liquid has reduced.
- 3 Make the scrambled eggs just before serving. Lightly whisk together the eggs and double cream, then melt the butter in a non-stick frying pan set over a high heat, taking care not to burn the butter. Pour in the egg mixture and cook for 20 secs without stirring, until gently set around the edges. Gently stir the eggs with a wooden spoon, bringing the mixture on the outside of the pan to the centre - the idea is to fold the eggs, rather than stir them. Leave to cook for 20 secs longer, then repeat the folding process.
- 4 Sharpen the flavour of the beans with the lime juice, coriander, feta and spring onions. Taste and season again if necessary. Turn the scrambled eggs out onto warmed plates and serve with the spicy beans.

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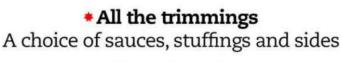
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MasterChef: The Professionals

Lee Groves and Daniell Howell hoped to impress Michel Roux Jnr and Gregg Wallace with these recipes in their bid to win this year's competition

LEE GROVES

Roast loin of venison with candied vegetables & truffle celeriac purée

SERVES 4 PREP 1 hr COOK 1½ hrs For the confident cook

FOR THE CANDIED VEGETABLES 12 each baby beetroot, carrots, fennel & turnips 100g unsalted butter 200g caster sugar FOR THE CELERIAC 1 celeriac (not too large) 25g unsalted butter 300ml double cream 3 tbsp truffle oil (or to taste), plus extra to drizzle FOR THE SAUCE 500ml red wine vinegar 500g caster sugar 1 litre fresh veal stock FOR THE PANCETTA & SPINACH 200g pancetta, cut into 1/2cm dice 1kg spinach, leaves only FOR THE VENISON 3 tbsp olive oil 50g unsalted butter 4 x 200g venison loin steaks (from the saddle)

- 1 Trim, peel, then blanch the baby vegetables in boiling salted water for 3 mins. Drain and refresh in iced water. Set aside.
- 2 For the celeriac, peel it, cut into even chunks and cook in boiling salted water for 10-15 mins or until tender. Drain well, then return to the pan with the butter, cream and truffle oil. Season to taste with salt and white pepper. Bring to a simmer, then cook for 3 mins. Purée in a food processor, press through a fine sieve and set aside. 3 For the sauce, pour the vinegar into a heavy-based pan and add the sugar. Bring to the boil, then boil steadily until reduced to a syrup. Pour in the stock and return to the boil. Boil until reduced by half, then strain into a clean pan. 4 Fry the pancetta in a large frying pan until crisp. Set aside. Wash the
- spinach and pat dry.

 5 Heat oven to 200C/180C fan/
 gas 6. For the venison, heat the oil
 and butter in an oven-proof frying
 pan until foaming. Seal the venison

on all sides, then season with salt and freshly ground black pepper. Transfer to the oven and roast for 5 mins (longer if you prefer your meat less pink). Leave to rest in a warm place for 5 mins. 6 Meanwhile, gently reheat the celeriac purée and sauce. To finish the candied vegetables, melt the butter and sugar in a large frying pan. Take care not to let it burn. Add the veg, toss gently and cook over a medium-low heat for 2-3 mins until heated through and shiny. Season well. Reheat the pancetta in the pan, add the spinach and cook over a high heat, stirring until the leaves have just wilted.

7 Cut each venison steak into 3 slices. Place some spinach in the centre of each plate and sit the steak on top. Add a slick of celeriac purée on either side, arrange the veg around and finish with a light drizzle of truffle oil, if you like.

DANIELL HOWELL

Warm cinnamon sponge pudding with pear purée, honey & vanilla mascarpone

SERVES 8 PREP 40 mins COOK 45 mins For the confident cook

FOR THE SPONGE
350g unsalted butter, plus extra
for the pudding basins
350g self-raising flour, plus
extra for sprinkling
100g golden syrup
350g muscovado sugar
75ml milk
1 tsp bicarbonate of soda

1 tbsp ground cinnamon 4 eggs

FOR THE PEARS
4 ripe pears
knob butter

1 tbsp sugar, plus extra if needed FOR THE VANILLA MASCARPONE 500g tub mascarpone

4 tbsp clear honey

4 vanilla pods, seeds scraped out FOR THE CARAMEL (optional) 450g caster sugar

1 Heat oven 180C/160C fan/gas 4. Thoroughly butter 8 individual pudding basins, then sprinkle with flour, shaking out the excess. Line



each with a disc of non-stick baking parchment. Put the syrup, butter, sugar and milk into a pan and melt gently over a low heat – take care not to let it boil. Remove from the heat.

2 Sift together the flour, bicarb and cinnamon into a bowl. Make a well in the centre, then pour in the melted mixture, along with the eggs, beating them in one at a time to form a smooth batter. Divide equally between the basins, place on a baking sheet and bake for 35-45 mins or until well risen and beginning to shrink from edges. 3 Meanwhile, peel, core and chop the pears. Cook with the butter and sugar in a pan for 15-20 mins or until completely softened. Press through a sieve into a bowl. Taste and add more sugar, if necessary. 4 Beat the mascarpone to soften slightly, then fold in the honey and vanilla seeds.

5 If making the caramel, line a baking sheet with a silicon mat. Put the sugar into a heavy-based pan and cook over a low heat until it turns to a light caramel. Working quickly, use two metal spoons or forks to create caramel shapes on the baking sheet. Leave until cold.
6 Turn the puddings out and serve with some warm pear purée and vanilla mascarpone, and decorate with the caramel shapes, if you like.

TIP These puddings will 'dome' as they cook. For a professional finish, take a slice off the base of each, so they sit neatly.



DECEMBER PRIZE DRAW – FULL TERMS AND CONDITIONS FROM PAGE 203

AND CONDITIONS FROM PAGE 203 1. The promoter is Smeg UK (Ltd). 3 Milton Park, Abingdon, Oxon OX14 4RN, 2, Please send your entry to Good Food December 2010 Prize Draw, PO Box 501, Leicester LE94 0AA. 3. The closing time and date is 11.59pm on 31 December 2010. Entries received after that date will not be considered. Entries cannot be returned 4. You can also enter online at bbcgoodfood.com/content/ competitions 5. The BBC Code of Conduct for competitions can be found at bbc.co.uk/ competitioncode and all BBC Magazines (BBCM) promotions comply with the Code. 6. This promotion is open to UK mainland. residents only, aged 18 years or over, except employees of BBC Worldwide and all promoting companies and their families/ friends, 7. By entering the promotion. participants agree: (a) to be bound by these T&Cs; (b) that their surname and county of residence may be released if they win a prize; (c) that should they win, their name and likeness may be used by BBCM for pre-arranged promotional purposes. 8. Entrants must supply to BBCM their full name, postal address and daytime phone number. 9. Only one entry will be permitted per person, regardless of method of entry, Only one entry per envelope will be accepted. 10. Bulk and/or third-party entries will not be permitted and BBCM reserves the right to exclude persons who make such entries from future promotions 11. The winning entrant will be the first entry drawn at random from pooled web and postal entries. 12. The prize is a Smeg FAB32 fridge-freezer (in the colour of the winner's choice) an A4-6 Opera range cooker and KD120X-1 hood. All of Smeg's products come with a one-year manufacturer guarantee 13. Prize is non-transferable, non-refundable and no cash alternative is available 14 RRCM's decision as to the winner is final and no correspondence relating to the promotion will be entered into. Proof of postage is not proof of receipt and responsibility will not be accepted for entries lost, delayed or damaged in the post. 15. The winner will be notified within 28 days of the close of the promotion by post. The name and county of residence of the winner is available at bbcgoodfood. com or can be obtained by sending an SAE to: Winner's List, PO Box 501 Leicester LE94 OAA within two months of the closing date. Please specify which competition and month you are requesting. 16. BBCM reserves the right to amend these T&Cs or to cancel, alter or amend the promotion at any stage, if deemed necessary in its opinion, or if circumstances arise outside of its control 17. If the winner is uncontactable within two calendar months of the closing date, BBCM reserves the right to offer the prize to a runner-up, or to re-offer the prize in any future BBCM promotion. 18, BBCM excludes liability to the full extent permitted by law for any loss, damage or injury occurring to the participant arising from his/her entry into the promotion or occurring to the winner arising from his or her acceptance of a prize. 19. The promotion is subject to the laws of England. BBC Worldwide, publisher of Good Food. would like to keep you informed of special offers and promotions. Please state 'Do not contact' on your entry if you prefer not to receive such information via post or telephone. Please write your email address or mobile number on the postcard so that Good Food can keep you informed of newsletters, special offers and promotions via email or free text. You may unsubscribe from receiving these at any time. You can read morea bout the BBC Privacy Policy at bbc.co.uk/privacy

TV news & recipes

Edwardian Farm

Try these traditional West Country recipes cooked by historian Ruth Goodman on BBC Two's *Edwardian Farm*. The new series starts in November

Devon splits

MAKES 15-20 PREP 1 hr plus proving COOK 20 mins

Many people nowadays are under the impression that a traditional Devon cream tea consists of jam, some clotted cream and plain or even fruit scones. But scones are not a Devon custom at all; they were brought down from the Home Counties by the Edwardian summer visitor.

In fact, a Devon cream tea was traditionally served with splits. These are more like a soft, light bread roll, not quite as rich as a scone and usually a little larger, so you can pile on much more jam and clotted cream. They have the added benefit of staying fresh for longer, and being good reheated a day later.

450g plain white flour, plus extra for kneading pinch each salt and caster sugar 1 heaped tsp dried yeast or 15g fresh yeast 100ml full-fat milk 25g lard 50g butter, plus extra for the baking tray jam and clotted cream, to serve

1 Sift the flour and salt together into a large bowl and allow to stand somewhere warm (I pop it on the far corner of the range for a few mins). Warm 150ml water to blood heat, then add the sugar and yeast and leave it to stand for a few mins for the yeast to begin working little bubbles will appear and you should be able to smell the yeast. 2 Put the milk, lard and butter into a small saucepan. Heat gently, but don't let the mixture boil. Once the fats have melted, remove the pan from the heat and allow the mixture to cool for a few mins. 3 Take the warmed bowl of flour

and make a well in the centre.

Check the temperature of the milk mixture with your finger – it should feel just warm. If so, pour the liquid into the flour and mix in together with the yeast to form a soft dough.

4 Knead the dough on a floured surface for a good 5-10 mins until

it is elastic and springy. Return

the dough to the bowl, cover with a damp cloth and leave to rise for 1 hr or so in a warm place. Turn out and knead again, then break the dough into 15-20 pieces – depending on how large you like your splits – and form each into a round roll.

5 Place on a lightly buttered baking tray about 1cm apart and return them to your warm place for their final rise. As soon as the splits have

risen enough to be touching each other, they are ready for the oven.

6 Heat oven to 200C/180C fan/gas 6. Bake the splits for about 20 mins or until they are a nice golden colour and sound hollow when tapped on the bottom with your knuckle.

7 To serve, cut in half horizontally, spread on a good amount of jam, then load up with clotted cream. Your splits may rise in the oven in such a way that you can just tear them in half, rather than cut them – that's why they are called 'splits'.

TIP In many Edwardian Devon homes, people used dark treacle instead of jam on their splits. They called this 'Thunder and lightening'.

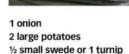
Comish pasties

MAKES 4 PREP 1 hr COOK 1 hr Moderately easy

After a service at our local Methodist chapel, I got talking to several women in the congregation about food. It was soon clear that I was going to need a masterclass in pasty making. Everyone seemed to feel so strongly about the subject – a matter of local pride.

The boys were due to go off on a mining expedition and I would need to provide food for them, so it seemed a good opportunity for us to all get together in the cottage kitchen and produce a giant batch of pasties. We had a really fun afternoon, gossiping away as we cooked, and I learnt such a lot about the local Tamar Valley food culture.

FOR THE PASTRY
450g plain white flour, plus
extra for rolling
225g lard
a little butter
FOR THE FILLING
225g beef skirt



1 Sift the flour into a bowl, then rub in the lard until the mixture resembles breadcrumbs. Slowly add enough cold water, stirring it in with a knife, until the mixture begins to stick together in large lumps. Gather the pastry together with your hand and gently work it into a ball. Cover the bowl with a damp cloth and leave the dough to stand somewhere cool, or put it into the fridge.

2 Chop up the beef into very small pieces. Peel the vegetables; they now need to be 'chipped'. Not chopped. All the local women were quite adamant about this. Chopping left the vegetables in too thick a chunk to cook through properly within the pasty, but 'chipping' turned them into thin slithers that would quickly become cooked through and soft. You can do this with a vegetable peeler. Toss the meat and veg in a large bowl and season with plenty of salt and pepper.

3 Heat oven to 220C/200C fan/gas 7. Roll the pastry out on a floured surface and, using a dinner plate as a guide, cut out 4 circles. Divide the filling between the circles, then dampen the edges with water. The knack of sealing the pasties is done by folding a small triangle over at one end with one hand and

pressing it firmly down with a finger from the other, then begin folding the next bit of edge over in a triangle and so on until the pasty is completely sealed. (For Cornish pasties, it was generally agreed by those who had come to give me my masterclass that the seal or crust should be flat against the table, while for Devon pasties the crust ran over the top of the pasty. No one could think of any particular difference in the recipes themselves, it was all in the position of the crust.)

4 Put the pasties onto a lightly buttered baking tray and bake for 15 mins. Reduce the temperature to 160C/140C fan/gas 3 and bake for a further 45mins until golden brown.

 Recipes adapted from Edwardian Farm (£25, Pavilion Books) by Ruth Goodman, Alex Langlands and Peter Ginn

Edwardian Farm was filmed over a year in and around Morwellham Quay in the heart of the Tamar Valley, near Tavistock in Devon, now a UNESCO World Heritage site. Morwellham Quay estate and mineworkings are open to the public all year round. Visit morwellham-quay.co.uk for details.

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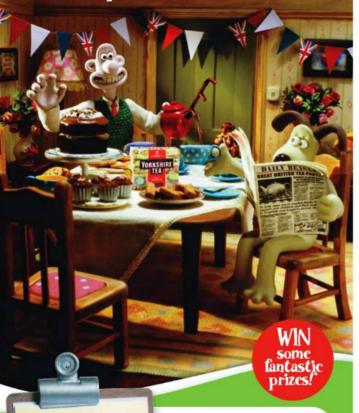
How to enter ONLINE Visit bbcgoodfood.com and click on 'Competitions'. BY POST Send your name, address and daytime number to: Good Food December 2010 Smeg Prize Draw, PO Box 501, Leicester LE94 0AA. Closing date is 31 December 2010

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Aardman

Giles & Sue Live The Good Life

Sophie Grigson helped Giles Coren and Sue Perkins make the most of their home-grown veg in this new series on BBC Two

Courgette & herb risotto

SERVES 3-4 PREP 20 mins COOK 35 mins Essy In the programme, Giles and Sue didn't have enough courgettes for the recipe, so Sophie added some cooked new potatoes.

900ml-1.2 litres chicken or vegetable stock 600g courgettes 60g butter 1 onion, chopped 1 tbsp extra virgin olive oil 225g risotto rice 150ml white wine cooked new potatoes (optional) 2tbsp each chopped basil, chives, mint and parsley 1/2 tbsp chopped tarragon 30g Parmesan, freshly grated

- 1 Pour the stock into a large pan and bring to the boil. Turn the heat down as low as it will go, to keep the stock hot without letting it reduce too much.
- 2 Coarsely grate one-third of the courgettes and set aside. Chop the remaining courgettes into 1cm cubes, then set aside separately. Melt half the butter in a wide pan over a low to moderate heat. When foaming, add the onion and grated courgettes. Fry gently without browning for 10 mins or until tender. 3 Meanwhile, melt 15g butter with the olive oil in a frying pan over a high heat. Add the chopped courgettes and sauté for 5 mins or until beginning to brown. Remove from the pan and keep warm.
- 4 Add the rice to the grated courgettes, and stir well for 1 min or until the rice turns translucent. Pour in the wine and simmer gently until absorbed. Add a ladleful of hot stock and stir over mediumlow heat until absorbed. Keep adding stock in same way, stirring continuously for 20 mins or until the rice is al dente. The risotto should be fairly wet, but not swimming in a lake of liquid (if you run out of stock before this point, use boiled water). Season generously with salt and freshly ground black pepper. 5 Stir in the sautéed courgettes, cooked new potatoes, if using,



and nearly all the herbs, and cook for 2 mins. Finally, stir in the remaining butter and the Parmesan. Taste and season again if necessary. Serve sprinkled with the remaining herbs.

Pea & mint soup

SERVES 2-3 PREP 15 mins COOK about 12 mins Easy

1/2 onion, chopped knob butter or 1tbsp oil 250g shelled fresh peas handful radishes, chopped 500ml vegetable stock small handful mint leaves goat's cheese, to serve

- 1 Fry the onion gently in the butter or oil for 5 mins or until tender. Add the peas and chopped radishes. cover the pan and cook over a low heat for 5 mins. Stir in the stock and season with salt and freshly ground black pepper. Add about one-third of the mint leaves and bring to the boil. Reduce the heat and simmer for 2 mins.
- 2 Remove from the heat and stir in half the remaining mint. Liquidise until smooth, then season. Reheat through gently if necessary, then serve sprinkled with the remaining mint and topped with 1-2 tsp of goat's cheese.

GOOD FOOD TIP

You can use frozen petite pois instead of fresh peas, if you prefer.

· Taken from Giles and Sue Live The Good Life (£18.99, BBC Books). Recipes adapted from The Vegetable Bible by Sophie Grigson, originally published by HarperCollins

Hairy Bikers' Cook Off

Si King and Dave Myers cook these simple seasonal dishes in their new BBC Two series. Weekdays at 5.15pm

Chestnut & chorizo soup with sweet smoked paprika

SERVES 4-6 PREP 30 mins COOK 40 mins

- 3-4 tbsp sunflower oil, turkey or goose fat
- 2 onions, chopped
- 1 carrot, chopped
- 1 small floury potato, chopped
- 5-6 celery sticks, chopped
- 1 fat garlic clove, crushed
- 250g chorizo, roughly chopped 2 x 200g packs cooked, peeled
- chestnuts
- 2 tsp ground cumin
- 1 level tsp smoked paprika
- 1.2 litres well-seasoned chicken or turkey stock
- 1 Heat the oil or fat in a heavybased pan. Cook the vegetables over a medium heat for 5 mins until softened. Add the garlic and cook for 1 min, then stir in the chorizo and cook for few more mins. 2 Stir in the chestnuts, spices and stock and bring to the boil. Reduce the heat, cover the pan and simmer for 25-30 min or until the veg are tender. Cool a little, then liquidise in a food processor or with a hand blender. Reheat if necessary, then season. Serve with our Welsh rarebit puff pastries.

Welsh rarebit puff pastries

MAKES about 20 PREP 30 mins plus chilling COOK 15 mins Essy

50g Emmental cheese, grated 75g strong cheddar, grated 2 tsp English mustard

- 2 tsp plain flour, plus extra for rolling
- 2 tsp Worcestershire sauce 4 tbsp beer pinch cayenne pepper 350g packet puff pastry 1 egg, beaten
- 1 Mix all ingredients except the pastry and egg together in a bowl. Roll the pastry out on a floured surface to approx 3mm thick. Using a 9cm cutter, cut circles out, and dampen the edges with a little egg. 2 Put a small spoonful of the cheese mixture to one side of each

pastry circle, then fold in half and gently press the edges together to seal. Put them, spaced apart, on a few baking sheets. Chill for 30 mins. 3 Heat oven 180C/160C fan/gas 4. Brush the pastries with egg, then pierce a small hole in the centre of each to release the steam. Bake for 12-15 mins until golden. Let the pastries cool for a few mins before serving - the filling will be molten.

Slow-roast shoulder of lamb with roasted garlic & flageolet beans

SERVES 6 PREP 35 mins COOK 3 hrs 20 mins Essy

4 tbsp olive oil 2kg shoulder of lamb 2 whole heads garlic 6 large shallots 3 sticks celery 600ml chicken or lamb stock 400ml dry white wine 6 large tomatoes, skinned and de-seeded few sprigs each rosemary and thyme 2 x 400g cans flageolet beans,

drained

- 1 Heat oven to 170C/150C fan/gas 3. Heat the oil in a sturdy roasting tin and seal the lamb on all sides. Cut the garlic bulbs in half horizontally, then add to the tin. Peel and cut the shallots in half lengthways. Slice the celery sticks on the diagonal and add to the tin. Pour in the stock and wine, tuck the tomatoes in around the joint along with the herbs and season with salt and freshly ground black pepper.
- 2 Cover with foil and roast in the oven for a good 21/2-3 hrs or until the meat is very tender and falling off the bone. Once the meat is tender, remove it along with the veg to a serving dish and keep warm. 3 Meanwhile, drain off as much meat juice as possible into a medium saucepan. Add the flageolet beans and cook in the juices for about 20 mins to absorb the flavours. To serve, spoon the flageolet beans and juices around the shoulder of lamb. Serve the meat in hearty chunks.

Divine gifts

Pralines, salted fudge and truffles are just a few from the Divine Chocolate Christmas range, to delight all

vervone loves chocolate at Christmas, so get your gifts sorted with the new range from Divine.

The chocolate company. owned by cocoa farmers, is this year offering an exciting chocolate box collection (see below). In addition, its best-selling Milk Chocolate Advent Calendar has a beautiful new illustration and is available at Waitrose (right), RRP £4.

Kids will also love the Gold Coins made from Divine's smooth and creamy milk chocolate (see right), available at Lakeland, Oxfam and National Trust shops, RRP £1.99. And for grown-ups, After Dinner Mints make a perfect ending (RRP £3.50, Oxfam). Make sure it's a Divine Christmas this year.



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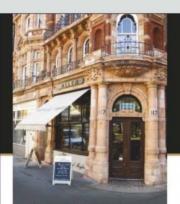
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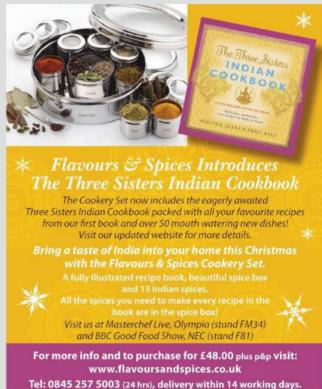


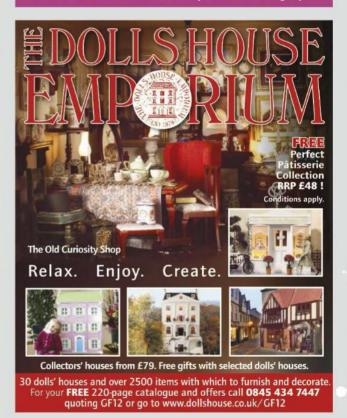




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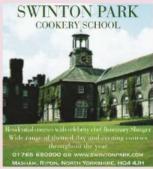
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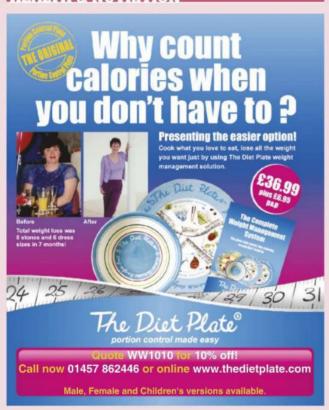
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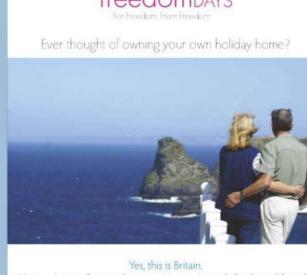
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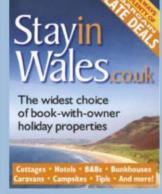
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250g/9oz assorted nuts or a mix of nuts and dried fruit 300g/11oz milk or plain chocolate,

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1 Butter and line a 20cm square tin with non-stick baking parchment. In a large bowl, combine the biscuits and nuts, halving any larger nuts. Melt the chocolate, butter and golden syrup in a bowl set over a pan of simmering water, stirring occasionally until smooth and glossy, then pour this over the biscuit and nut mixture.

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